Miracle Dieter Mizuki

Volume 1 (complete)

by Takaguchi Satosumi
and the Takaguchi-gumi

ISBN 4-86176-170-0
First published 2005
Publisher JIVE Ltd.

Translation notes:
1. 'Dieting' in Japanese refers to the many lifestyle changes people adopt to lose weight e.g. changing one's eating habits, going to the gym, playing sports, and taking dietary supplements.
2. The main character in this tale is named Tarafuku Yukimi. 'Tarafuku' is a Japanese adverb meaning 'to your heart's desire' or 'until you drop.' It's often used in the phrase 'tarafuku taberu' or 'eat until you burst.' An embarrassing family name for a chubby girl!
3. The Chef's name is ファイアット in katakana. Searching online for the English equivalent yielded 'Fayette.' However, in the Volume 2 afterword his name is spelled 'Fiatee.' Perhaps the mangaka is using a mix of Italian and French to come up with an exotic name that sounds like 'Fatty.' (Thanks again, Marti!)

Scans: Marti ~Thank You!~
Half-baked translation, edits: lyrebird

URL http://lyrebird.aithine.org/halfbaked/

More notes at the end of this scanlation

Miracle Dieter Miyuki

Background information

Miracle Dieter Miyuki was initially created as a spoof of popular 'magical girl' series such as *Cardcaptor Sakura* and *Sailor Moon*. It first appeared in 1996 as a fictional anime in Takaguchi-sensei's BL manga series *Sakende Yaruze [Shout Out Loud]*. A number of the seiyuu (voice actor) characters in *Sakende Yaruze* provide the voices for the *Miyuki* cast:

HANAMAKI Chizuru plays Tarafuku Yukimi and her alter-ego, Miyuki.

HISAE Shino plays Ookawa Isamu, Yukimi's secret crush.

MIZUSAWA Terushi plays Chef Flatee, Miyuki's nemesis (far left).

An episode of *Miracle Dieter Miyuki* can be found on the *Sakende Yaruze 4* drama CD. Takaguchi-sensei also worked on creating a real *Miyuki* anime, but unfortunately those plans fell through.

In 2003, the manga serialization of *Miracle Dieter Miyuki* commenced in Shimbun Akahata Sunday Edition. As of July 2007, two tankoubon volumes have been published by JIVE.

For more Miyuki images and flash videos, visit the official site:
http://www.takaguchi.net/miyuki/

ミラクル♥ダイエッター MIYUKI 1

高口里純&高口組

ミラクル♥ダイエッター MIYUKI 1

高口里純&高口組

JIVE

ISBN4-86176-170-0

C0979 ¥850E

9784861761706

1920979008502

ジャイブ

定価 本体850円 +税

MIYUKI

ミラクル♥ダイエッター

MIYUKI 1

高口里純&高口組

ミラクル☆ダイエッター MIYUKI

Miracle Dieter Miyuki

1

Takaguchi Garosumi
and the
Takaguchi-gumi
高口里純
&
高口組

WE'RE LEAVING NOW!

YUKIMI-CHAN!

I'M A BIT ON THE CHUBBY SIDE.

AWW! WAIT FOR ME!

I'M GOING TO SCHOOL, MAMA!

I'M TARAFUKU YUKIMI, A SECOND-YEAR STUDENT IN JUNIOR HIGH SCHOOL.

GEE, YUKIMI! HOW LONG DO YOU SPEND EATING BREAKFAST?

HUH? BUT I MUST FINISH BREAKFAST EACH MORNING.

YOU CAN'T DO MUCH IF YOU DON'T EAT MUCH, RIGHT?

TO BE ABLE TO PLAY SPORTS AND ATHLETICS, FOR EXAMPLE—

HUH?

ALL I HAVE IS A GLASS OF MILK! I END UP LEAVING THE REST OF MY BREAKFAST BEHIND!

SHOCK

ONLY MILK?

EVERYONE SAYS SHE'S BEEN GETTING BIGGER LATELY.

I THINK THEY'RE RIGHT.

I SWEAR I'VE SEEN THE FLAB AROUND HER TUMMY WOBBLE!

.....

.....

IS THAT ENOUGH? REMEMBER YOU'RE A GROWING GIRL, YUKIMI-CHAN.

THEN YOU WON'T BE ABLE TO HAVE A HEALTHY BABY WHEN YOU'RE ALL GROWN UP!

IT'S BAD FOR YOUR HEALTH IF YOU DON'T EAT WELL.

wobble

wobble

…

I LIKE THE WAY THE FLESH ON YOUR UPPER ARM JIGGLES, YUKIMI ♡

RIGHT, RIGHT!

AH! YUKIMI LOOKS FINE I SAY YOU'VE GOT NOTHING TO WORRY ABOUT

YOU'RE NOT THAT FAT

IF YOU REALLY WERE TOO CHUBBY, YOU WOULDN'T LOOK THIS CUTE

WHAT ARE YOU SAYING? YOU'RE NOT THE LEAST BIT FAT, YUKIMI CHAN!

WAIT A MINUTE... I WAS WONDERING... IS IT NATURAL FOR ME TO GROW FAT?

..SO I FEEL GUILTY ABOUT LEAVING ANY FOOD BEHIND ON MY PLATE.

MAMA GOES TO A LOT OF EFFORT TO PREPARE MEALS FOR ME.

THAT'S WHY I EAT ALL OF IT, AND I TELL HER IT TASTES DELICIOUS

Mama didn't sound that convincing

AH! CHUBBY

ARE YOU WALKING WITH US THROUGH THE PARK OR NOT?

YUKIMI!

IT MAKES MAMA VERY HAPPY

WHY DON'T WE TAKE A LOOK OVER THERE?

HEY WAIT!

SUNFLOWER PARK

UH-HUH!

IT'S THE PLACE WHERE THE DUMBBELL IS BURIED!

THE DUMB-BELL?

HAVEN'T YOU HEARD YUKIMI?

WHAT'S OVER THERE?

EVERYONE KNOWS ABOUT IT

BUT ACCORDING TO THE RUMOR, IF YOU CAN PULL IT OUT YOU'LL BE SUCCESSFUL IN STICKING TO YOUR DIET!

DO YOU WANT TO SEE ME PULL IT?

THEY SAY THAT NO ONE'S BEEN ABLE TO FREE THE DUMBBELL, EVEN THOUGH MANY HAVE PULLED WITH ALL THEIR MIGHT!

BUT THIS DUMBBELL HOLDS THE KEY TO LOSING WEIGHT AND IMPROVING YOUR FITNESS IN NO TIME AT ALL.

THERE IT IS! DON'T PEOPLE USE IT TO TRAIN THEIR MUSCLES AND BECOME STRONG?

IT'S A REAL MYSTERY, ISN'T IT?

AHA!

IT'S SO HARD! IT'S NOT MOVING AT ALL. I'M TELLING YOU!

Together! Together!

WHY DON'T YOU TRY PULLING IT, YUKIMI?

MAYBE THEY'RE THE SAME AS THIS DUMBBELL?

THERE WAS A PAIR OF THESE IN MAMA'S ROOM.

IT'S NO USE!

NOOO! I DON'T HAVE THE ENERGY!

IT'S NOT MOVING!

URGH!

HUH?

ME?

SO FAR NO ONE'S BEEN ABLE TO FREE THAT DUMBBELL.

BUT

YOU EAT LOTS OF RICE, DON'T YOU?

YOU MIGHT BE ABLE TO FREE IT, YUKIMI!

BUT MAYBE SOMEONE BIG LIKE A PRO WRESTLER MIGHT BE ABLE TO PULL IT FREE

THE STRENGTH OF A GIRL WON'T BE ENOUGH TO MOVE IT .

THINK ABOUT IT!

I THINK IT'S SIMPLY TOO HARD FOR US!

WE'RE ALREADY LATE! LET'S HURRY!

KYAA! WE'VE BEEN HERE TOO LONG!

THUD THUD

I WONDER IF THAT THING CAN REALLY MAKE ME SLIM..

GOOD MORNING!

GOOD MORNING!

DING DONG

SEE YOU LATER, YUKIMI

WHISPER WHISPER

GOOD MORNING, SONOKO-CHAN

NERVOUS

GOOD MORNING, TARAFUKU-SAN.

EVERYONE

DON'T LEAVE

YOU—

—WERE MEANT TO BE ON CLASS-ROOM DAY DUTY, YOU KNOW!

YES?

YOU TURNED UP LATE!

TOGETHER WITH ISAMU-KUN...

直鱈福

AHH! THAT'S RIGHT!

SO THAT'S WHY THEY ACCUSE FAT PEOPLE OF BEING SLOW AND CLUMSY ON THEIR FEET!

HOW CAN YOU BE SO SLACK?!

dizzy

OH! OOKAWA-KUN!

POOR OOKAWA-KUN! YOU TURNED UP FIRST AND WERE LEFT ALL ALONE!

OH NO!

IF ONLY YOU HAD ASKED ME TO TURN UP EARLY TO HELP YOU.

BUT YOU WEREN'T ON DAY DUTY, WERE YOU?

I WAS WAITING TO RETURN YOUR JOURNAL.

GOOD MORNING, TARAFUKU

I THINK SHE NEEDS TO TONE DOWN HER CUTE GOODY-TWO-SHOES ACT!

EVEN ISAMU-KUN! MUST SHE TAKE ISAMU-KUN, TOO?

WHAT? IS HE SONOKO'S GUY??

DID ISAMU-KUN OVERHEAR THAT?

"FAT PEOPLE ARE SLOW AND CLUMSY ON THEIR FEET!"

toss

HERE YOU GO.

YOUR JOURNAL, TARAFUKU

HOW DO YOU THINK TARAFUKU-SAN COMPARES TO ME?

EVERYONE SAYS THAT I'M THE MOST STYLISH GIRL IN CLASS. WHAT DO YOU THINK?

SAY, OOKAWA-KUN!

WHAT REASON?

CRACKLE

I'VE GOT A REASON FOR THE WAY I LOOK!

CRACKLE

SONOKO-CHAN, YOU ALWAYS LEAVE SOME OF YOUR SCHOOL LUNCH BEHIND! YOU NEVER EAT IT ALL!

BUT YOU'RE WASTING THE FOOD YOU'VE BEEN GIVEN WHEN YOU EAT LIKE THAT!

NOW THAT'S CRAZY!

THAT'S JUST THE WAY I EAT, ISN'T IT?

SO WHAT?

THAT'S NOT WHAT I MEANT!

WELL, I ONLY EAT AS MUCH AS I FEEL LIKE EATING! ARE YOU SAYING I SHOULD EAT UNTIL I'M FAT?!

RIGHT, RIGHT!

THEY'RE PUTTING ON AN ACT, ISAMU!

STOP IT, YOU TWO!

THAT'S ENOUGH, YOU GUYS!

AH...

DASH

A

FOR AGES, YUKIMI DAIFUKU

...

AHAHAHA

AND THAT SONOKO GIRL HAVE BEEN RIVALS, YOU KNOW.

FROM NOW ON YOU CAN GOBBLE DOWN THE REST OF MY LUNCH FOR ME! I CAN'T FINISH OFF THE CARROTS!

DAIFUKU: a sweet rice dumpling filled with bean paste
In this context, a cruel insult

I'M KNOW I'M NOT WRONG!

THE THINGS I SAID BACK THERE WERE TRUE!

TARAFUKU!

MEAT TOO! THEY MUST FINISH THEIR FOOD TO SHOW THEIR APPRECIATION TO THE ONES WHO PREPARED IT SPECIALLY FOR THEM. THEY'RE ALL PATHETIC!

RICE AND VEGETABLE DISHES...

HUMAN EFFORT WENT INTO MAKING THESE MEALS, SO WHAT MAKES THEM THINK THEY CAN JUST THROW IT OUT WITH THE REST OF THE GARBAGE?!

はあ はあ huff huff...

huff

huff

"YOU'LL BE SUCCESSFUL IN STICKING TO YOUR DIET!"

"IF YOU CAN PULL IT OUT."

WITHOUT REALIZING IT, I ENDED UP RETURNING TO THE PLACE WHERE THE DUMBBELL IS BURIED.

I'VE NEVER CONSIDERED GOING ON ANY KIND OF DIET BEFORE——

I WONDER IF ISAMU-KUN ALSO AGREES WITH HER.

...

"THEY SAY THAT FAT PEOPLE ARE SLOW AND CLUMSY ON THEIR FEET!"

IF ONLY I COULD PULL IT OUT A BIT MORE.

"NO ONE'S BEEN ABLE TO FREE THIS DUMBBELL, EVEN THOUGH MANY HAVE PULLED WITH ALL THEIR MIGHT!"

"IT'S SIMPLY TOO HARD!"

ARGH!

IT'S...

IT'S OUT!

I PULLED IT OUT?

WHO ARE YOU?

YES?

SHOULD I CALL YOU COOK-SAN?

I ASSUME YOU'RE THE ONE WHO WILL BE OUR ENEMY

YOU'RE HERE AT LAST...

MY NAME IS CHEF FIATEE.

I WAS RIGHT! HE IS A COOK-SAN!

CHEF...

COME TO THINK OF IT, YOU DO HAVE A DELICIOUS WHIFF ABOUT YOU..

Fool!

ARE YOU OGLING MY THREE STARS?!

KYAA!

YOU'RE A HINDRANCE TO OUR PLANS.

PREPARE YOURSELF

...AND SAY "ITADAKI-MASU."

OPEN YOUR MOUTH WIDE...

Here, like this!

PREPARE FOR WHAT?

I WONDER WHAT KIND OF FEAST HE'LL MAKE FOR ME?

ITADAKIMASU!

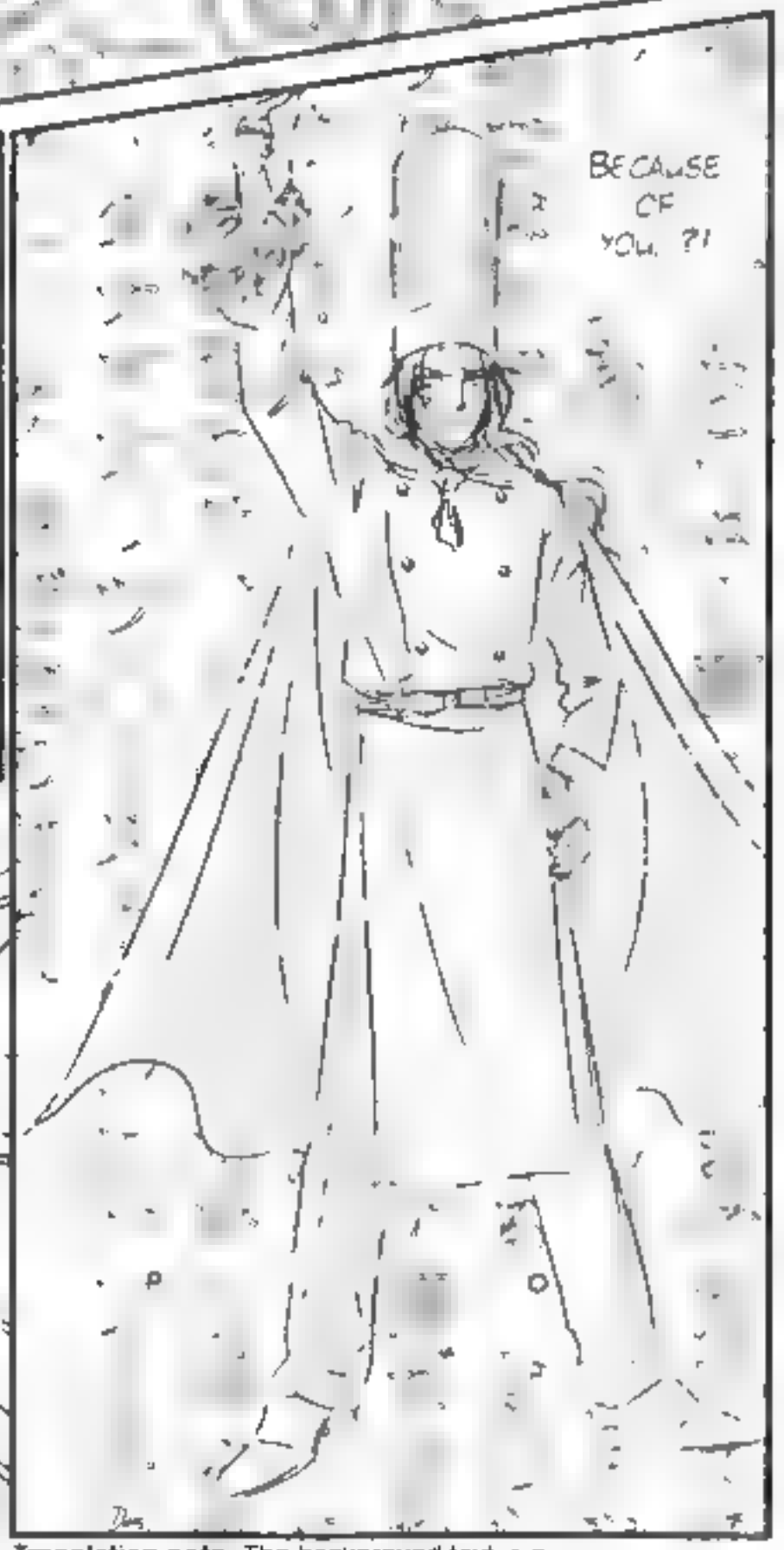
MELT THE BUTTER AND SAUTE THE CHESTNUTS IN THE SAUCEPAN, THEN COAT THE MIXTURE OVER THE CANARD. SEAR THE MEAT A DEEP CARAMEL BROWN, THEN ADD THE WATER AND FOND DE VEAU WHILE SIMMERING TO REDUCE THE MIXTURE. STIR THE BROTH UNTIL THE CONTENTS ARE EVENLY MIXED. WHEN THE MEAT IS TENDER, LET IT COOL THEN CUT INTO CUBES AND SET ASIDE. PLACE THE PREMIUM BREAST MEAT FROM THE UNDERSIDE OF THE BIRD INTO A BOWL, APPLY SALTED ICE WATER, THEN ADD WHITE PEPPER TO TASTE——

mutter mutter

growl

GEE, MAYBE MY STOMACH IS GROWLING BECAUSE I RAN HERE AS FAST AS I COULD...

ITADAKIMASU: "I humbly accept." An expression of gratitude spoken before meals.
CANARD: duck meat (French)
FOND DE VEAU: veal stock (French)



Translation note. The background text is a recipe that involves simmering and mixing egg yolk, granulated sugar, cream, pistachio nut paste, syrup, and using a pastry bag

A MERE GIRL LIKE YOU WILL GORGE YOURSELF TO DEATH!
YOU'VE PROBABLY NEVER TASTED SO MANY DELICIOUS DISHES BEFORE
IT'S DELICIOUS!
ITADAKI-MAAA~
Hot!
This man seems really nice
Hot!
DON'T EAT IT!
THEY LOOK DELICIOUS!
YOU'RE GOING TO EAT UNTIL YOU CAN'T SQUEEZE ANY MORE FOOD IN YOUR STOMACH!
AW! AN EXTRA GIFT!!
YOU KINDLY PROVIDED A KNIFE AND FORK AS WELL!

YOU ALSO NEED TO CONSIDER YOUR NUTRITIONAL BALANCE. YOU ALREADY HAVE THE LUNCH YOU BROUGHT TO SCHOOL.

HUH?

WHO'S THERE?

YOUR MAMA WILL BE THINKING ABOUT YOUR GROWING BODY AT DINNERTIME. I EXPECT SHE WILL PREPARE YOU A FINE MEAL AND COOK IT WITH ALL THE LOVE IN HER HEART.

YOU ATE A PROPER BREAKFAST THIS MORNING, DIDN'T YOU?

YES... THAT'S RIGHT...

DON'T GIVE IN, YUKIMI!

...

IF YOU EAT ALL THIS YOU'LL GO COMPLETELY OVER YOUR NORMAL CALORIE INTAKE, WON'T YOU?

EAT IT! EAT!

DON'T HOLD BACK!

WHAT STRONG WILL POWER.

BUT MY FINEST DISHES ARE BEFORE HER EYES

WHAT?

I WON'T EAT SNACKS BETWEEN MEALS!

I'D EXPECT NOTHING LESS OF THE CHOSEN ONE

VERY WELL. IF THAT'S YOUR ANSWER.

THEN YOU SHOW THE SAME SELF-CONTROL AS YOUR PREDECESSORS.

ぽわん
boing
ぽわん
boing
I CALL THIS THE GOURMET SPIRIT BALL.
WITHIN IT ARE THE AROMAS FROM THE MOST SUBLIME CUISINES.
ポワーン
float
ひゅ～ん
WOOSH
HYAA!
IT SMELLS SO INCREDIBLY DELICIOUS. .
ぽわ～ん
AAAH!
hazy warmth
sparkle
POP!

HUH?

THE DUMB BELL?

OH! HURRY!

YUKIMI, TAKE THE DUMBBELL!

ARGH!

IT'S NO USE! I WANT TO EAT!

NO!

GRAB

CLANG

OWW!

WOOSH

WOOSH

ざっ

squeeze

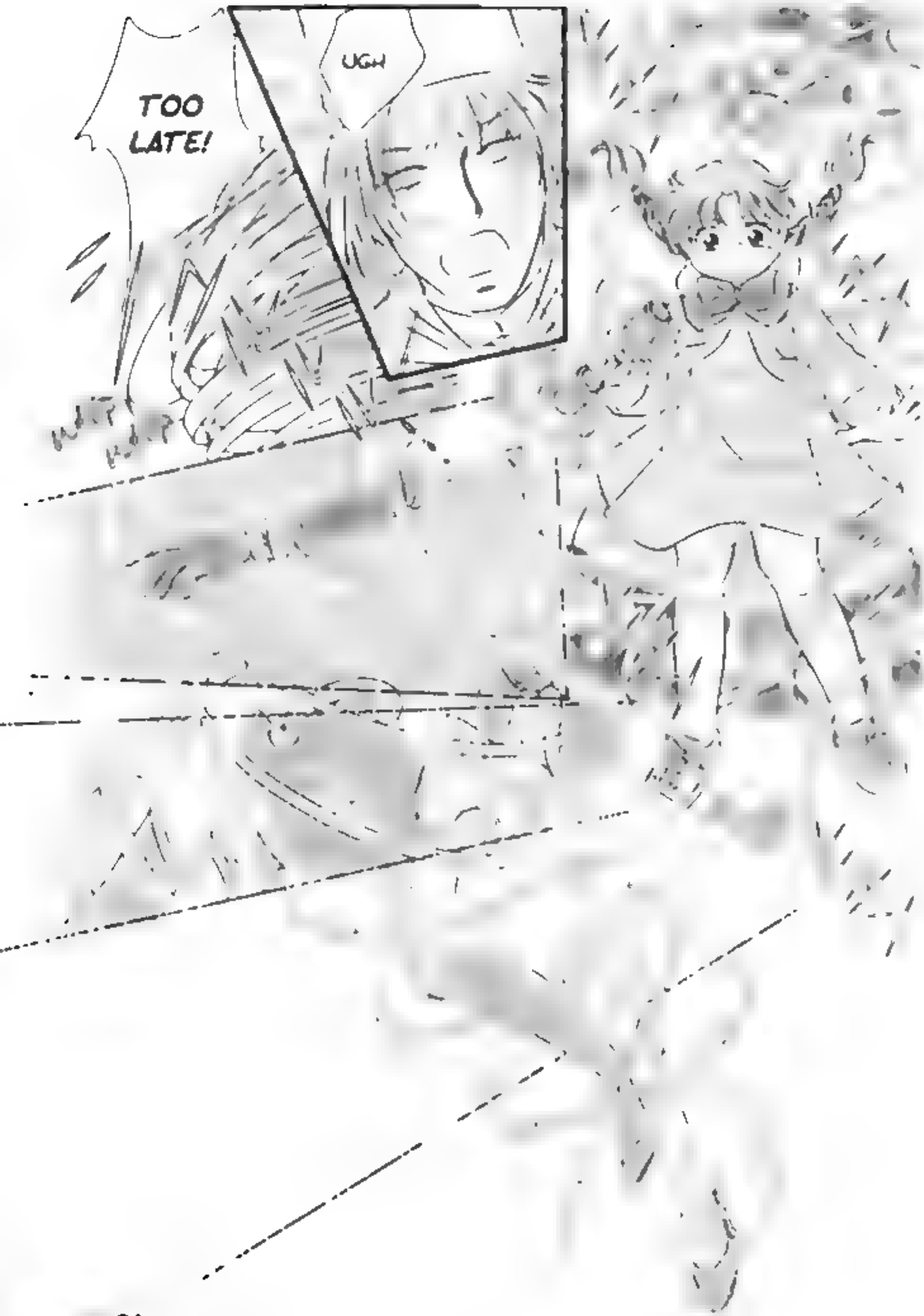
I DO LIKE DELICIOUS DISHES, BUT..

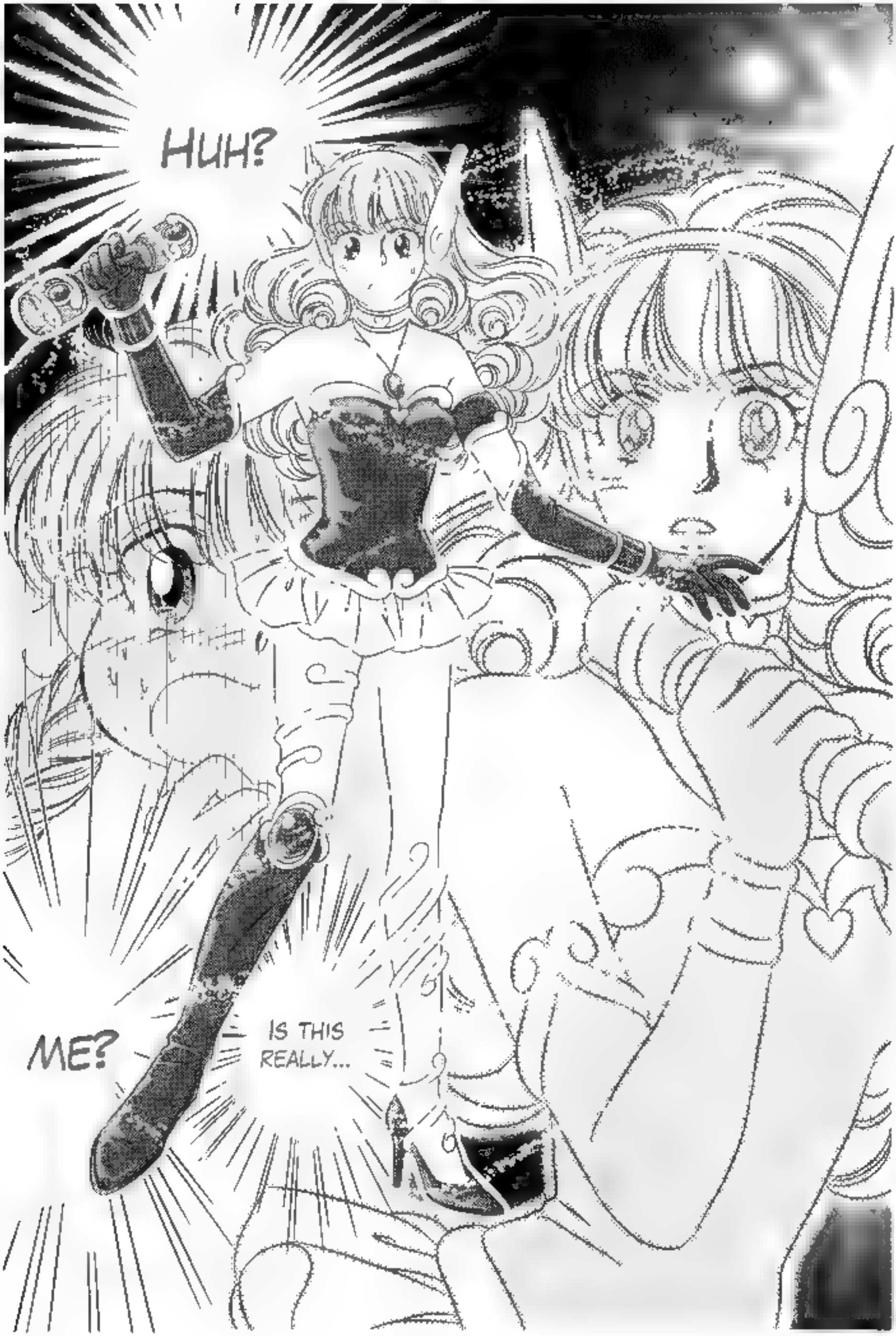
..I WON'T GO OVER MY NORMAL CALORIE INTAKE!

...IS SOME-THING I WILL NEVER DO!

EATING HIGH-CALORIE SNACKS BETWEEN MEALS ...

HUH?


TOO LATE!
UGH


HUH?
ME?
IS THIS REALLY...

I KNEW IT!

...

UWAA! ~

W-W-W-WHAT?!

I'VE BEEN TRANS-FORMED!

Huh? Is this it? Is this the cause?

SHE'S TURNED INTO THAT WRETCHED MIRACLE DIETER!

I'VE GOT NO CHANCE AGAINST HER WITH MY CURRENT MENU.

ERR

IS THAT ME?

MIRACLE DIETER?

MIRACLE DIETER!

DON'T COME NEAR ME.

BUT

I'LL LET YOU OFF THIS TIME.

YOU'VE SMASHED MY WELCOME RECEPTION FOR TODAY.

YOU MUST NOT DO THIS THE NEXT TIME WE MEET

FOR I WILL DEFEAT ANYONE I CONSIDER TO BE A HINDRANCE TO MY PLANS!

MARSH-MALLOWS?

swirl

FAREWELL!

puff

THAT MAN. WHO WAS HE?

HANG ON.

ARGH! HE WAS JUST IN FRONT OF ME.

WHAT DID HE CALL ME?

A MIRACLE DIETER?

I'M COMING NOW!

ALL RIGHT!

sigh

YUKIMI-CHAN, TIME TO EAT!

THE MORE I THINK ABOUT IT, THE LESS I UNDERSTAND!

GEEZ...

Ugh

Ugh

munch

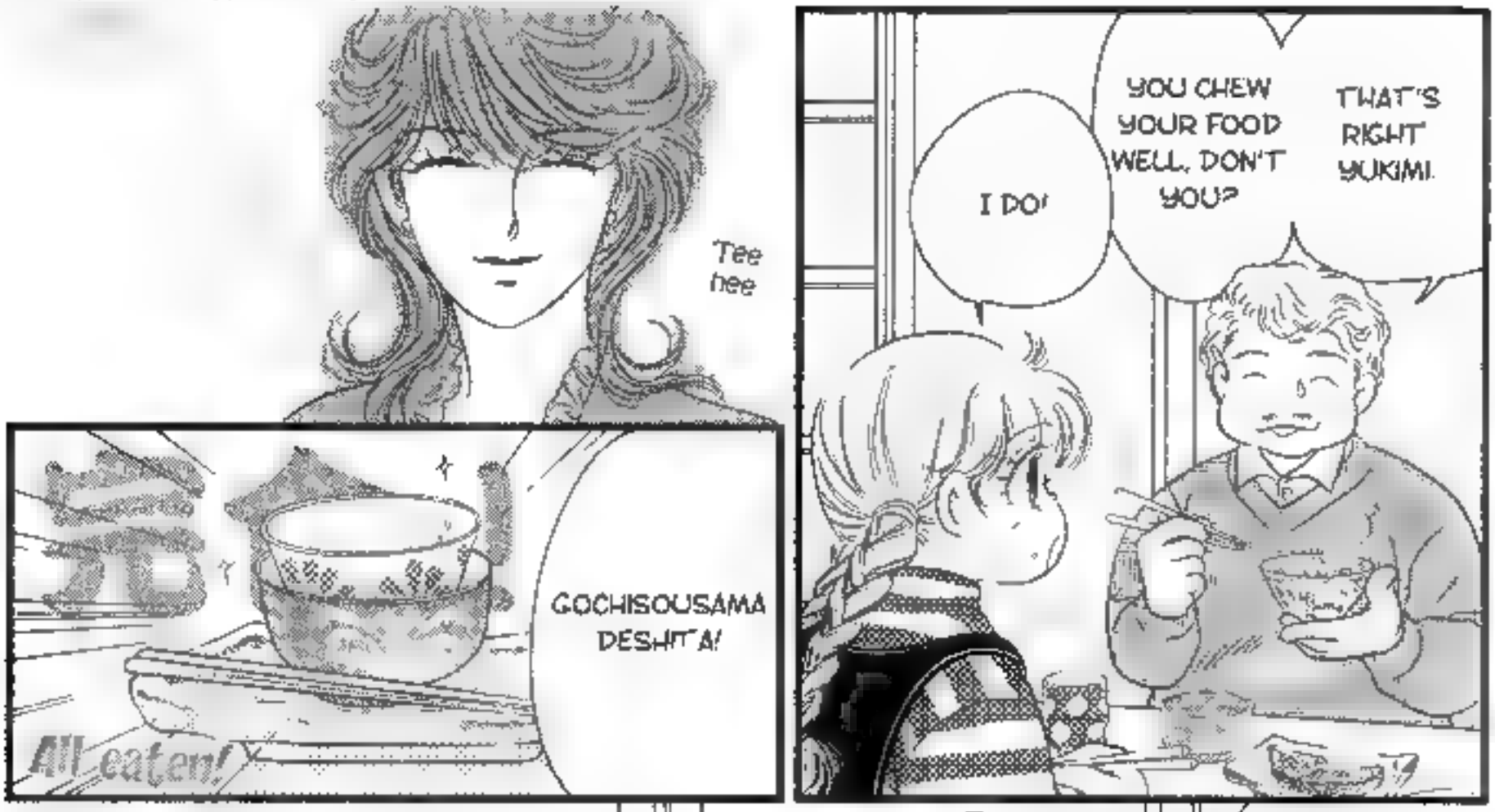
YUKIMI-CHAN

EATING TIME SHOULD BE FUN, RIGHT?

AFTERWARDS THE TRANSFORMATION SPELL WAS COMPLETELY BROKEN!!

OF COURSE! THAT DUMBBELL WAS THE CAUSE, WASN'T IT?

GOCHISOUSAMA DESHITA. 'It was a feast.
An expression of appreciation spoken after a meal.



HOLD ON. I CAN'T REALLY TELL MAMA ABOUT THIS PROBLEM, HUH?

I WILL

IF YOU DO COME ACROSS ANYTHING, DISCUSS IT WITH YOUR MAMA, ALL RIGHT?

TARAFUKU YUKIMI-CHAN!

WHAT SHALL I DO WITH THIS DUMBBELL?

NO...

WHO... ARE YOU?

THAT VOICE!

AHA!

I'M CALORIE-CHECK MOUSE KUEN.

MY NAME IS SHAPE-UP CAT AMINO.

THAT'S RIGHT! WE'RE NOT BRINGING YOU MORE TO EAT!

THERE'S NOTHING TO FEAR

PANIC

WHO ARE YOU?

KUEN-SAN THE MOUSE?

AMINO-SAN THE CAT?

That's what they just said.

KUEN. Japanese word for citric
NOTE: Amino acids (AMINO-SAN) and citric acid (KUEN-SAN) are common ingredients in Japanese sports drinks e.g. Pocari Sweat.

GARCINIA: a plant genus. The best-known species is the mangosteen from SE Asia, known locally as "The Queen of the Fruits"

WE ARRIVED HERE FROM A STAR IN THE DISTANT GARCINIA CONSTELLATION
YUKMI-CHAN
THAT'S A BURP, HMM?
YOU FEEL BETTER AFTER THAT?
EEEK
W-WHAT DO YOU WANT?!
AND WE NEED A HEALTHY GIRL TO GO AFTER HIM.
WE'RE SEEKING A VILLAIN.
WE'RE NOT AFTER THIS PLANET
SPACE ALIENS?
THEY'VE ALSO TRICKED GIRLS INTO PURCHASING SUSPICIOUS DIETING PRODUCTS.
THERE'S THIS GANG THAT TRAVEL THROUGHOUT THE GALAXY AND USE THEIR WICKED HIGH-CALORIE COOKING TO MAKE GIRLS OVEREAT AND BECOME FAT!
A HEALTHY GIRL?

WE WANT TO MAKE THIS GANG OF VILLAINS CHANGE THEIR WAYS.

SO WE'RE GOING TO STOP THESE EVIL DEEDS.

BUT WE'RE IN NEED OF YOUR COMPLETE COOPERATION, YUKIMI-CHAN.

THIS HAS TURNED INTO A TERRIBLE PROBLEM FOR THEM

THAT'S WHY GIRLS HAVE FOUND THEIR WEIGHT REBOUNDING TIME AND TIME AGAIN.

HE HAS HIGH HOPES FOR YOU, YUKIMI-CHAN!

HIS NAME IS PRINCE GYMNEMA.

YES! HE'S A FINE MAN!

HUH? A PRINCE-SAMA?

HEY!

YOU MAY LOOK FRAGILE, BUT YOU WERE ABLE TO STAND UP TO ONE OF THEM, RIGHT?

WHY... ME?

BESIDES, YOU WERE SELECTED BY OUR PRINCE. WE HAD NO CHOICE BUT TO OBEY HIS DECISION IN ANY CASE.

GYMNEMA. a plant genus. One Gymnema species is used in Indian herbal medicine to treat diabetes

YUKIMI-CHAN, YOU TAKE CARE TO EAT ALL YOUR FOOD PROPERLY.

YOU WOULDN'T BECOME A DIETER FOR NO APPARENT REASON.

PLUS YOU POSSESS THE PHYSICAL FEATURES OF A NORMAL 14-YEAR-OLD GIRL.

HE'S BEEN WATCHING YOU FOR A LONG TIME.

DOES THIS PRINCE KNOW ABOUT ME?

OH MY! OF COURSE, YUKIMI-CHAN IS A SWEET PERSON, TOO!

tee hee

WATCH IT, YOU!

THAT'S NOT A GOOD ENOUGH REASON TO CALL SOMEONE A BEAUTY!

HEY, HEY! PHYSICAL FEATURES?

HE HE HE

shy

YOUR POST-TRANSFORMATION APPEARANCE IS THE WAY YOU'LL LOOK IN THE FUTURE.

BUT YUKIMI-CHAN.

I KNOW YOU'RE JUST BEING NICE, BUT IT MAKES ME HAPPY.

GEEZ

I WOULDN'T HAVE ANY COMPLAINTS IF I COULD TURN OUT LIKE THAT!

HUH?

WHAT ARE YOU BABBLING ABOUT? I DON'T BELIEVE IT!

YOU'RE KIDDING!

WHOA

HEY YOU!

DON'T FORGET THE TIMES YOU TRANSFORM ARE THE TIMES YOU FIGHT GOT IT?

...

squeeze

YUKIMI-CHAN, YOU'RE STILL GROWING UP AT THE MOMENT

PROVIDING YOU MAINTAIN GOOD NUTRITIONAL HABITS AS PART OF A HEALTHY LIFESTYLE, YOU'LL NATURALLY BECOME SLIMMER AS YOUR BODY MATURES.

IT'S ONLY A MATTER OF TIME

FU

THAT GUY YOU MET, CHEF FIAT'EE, IS AN APPET'IT'E VILLAIN.

HE'S AN EVIL THREE-STAR CHEF, YUKIMI-CHAN

SIGH

I HOPE YOU'LL BE ALL RIGHT

I Love You

AHH

IS THAT WHAT I HAVE TO DO?

...TO DECEIVE VULNERABLE GIRLS.

HE'LL USE ANY MEANS AT HIS DISPOSAL...

THAT'S YOU, YUKIMI-CHAN!

MIRACLE DIETER MIYUKI IS THE ONLY ONE WHO CAN STAND UP TO HIM!

ALWAYS BE THERE FOR YOU, YUKIMI CHAN.

WE WILL..

DO YOUR BEST, YUKIMI-CHAN!

MIRACLE DIETER MIYUKI!

I Love You♡

See you!

KUEN-SAN!

AMINO-SAN!

ALL RIGHT!

WAS IT A DREAM?

YUKIMI-CHAN! BREAKFAST IS READY!

chirp chirp

ちゅん ちゅん

...

MAYBE IT WASN'T A DREAM!

…

IT IS, HUH? THEY SAY IT'S A TYPE OF RICE THAT'S BEEN GROWN SINCE ANCIENT TIMES. IT'S VERY GOOD FOR YOUR HEALTH.

IT'S TASTY, TOO.

WAAH, MAMA! THIS RICE IS PURPLE!

MUNCH MUNCH

…

GULP

GRAINS SUCH AS WHEAT AND SOBA TASTE DELICIOUS WHEN MIXED AND BOILED TO CREATE A MEAL.

THIS RICE I'VE PREPARED TODAY IS UNPOLISHED RICE, BUT THERE'S OTHER RICE THAT'S RED IN COLOR

THE VITAMINS, MINERALS AND OTHER NUTRIENTS CAN THEN BE ABSORBED WHEN EATEN.

MMM!

AHH, REALLY?

YOU'LL BE ABLE TO IDENTIFY THE DIFFERENT VEGETABLES WHEN YOU COME BACK!

OH, MAMA, TODAY I'LL PAY A VISIT TO GRANDMA'S HOUSE.

MAMA SURE PUTS A LOT OF THOUGHT INTO LOOKING AFTER ME!

MMM.

BECAUSE IT'S FUN HELPING OUT IN GRANDMA'S VEGETABLE GARDEN

MY GOODNESS, YUKIMI-CHAN! YOU KNOW SO MUCH!

ALONG WITH MIZUNA AND TATSAI ALL TASTE DELICIOUS!

MAMA, KOMATSUNA. DAIKON AND HAKUSAI. .

UMM

NOW WHICH VEGETABLES ARE IN SEASON.

IS SHE A BIT OVERWEIGHT? I'M A LITTLE WORRIED ABOUT HER.

EXACTLY.

Because Nanna's not growing anymore!

SHE NEEDS TO EAT NUTRITIOUS FOOD, TOO!

SHE WORKS SO HARD TO GROW THEM!

IT WILL MAKE NANNA VERY HAPPY!

WELL THEN, LET'S SIMMER THEM THIS EVENING FOR DINNER!

We ca... put them... with othe... ingredients... in a pot!

KOMATSUNA. Japanese mustard spinach.
DAIKON: white radish
HAKUSAI. Chinese cabbage, wongbok

MIZUNA. Japanese potherb mustard.
TATSAI' Chinese flat-leaf cabbage, rosette bok choy

GOOD MORNING!

GOOD MORNING, YUKIMI!

I'M OFF TO SCHOOL!

SONOKO'S BEEN IN A BAD MOOD

EVER SINCE HER GUY, ISAMU-KUN, WAS CONCERNED ABOUT YOU, YUKIMI!

aloof

AHH. THAT'S THE REAL REASON...

:

He sure is.

BUT ISAMU-KUN IS NICE TO EVERYONE, RIGHT?

I-I WONDER WHY.

...WHICH GIRL ISAMU-KUN LIKES BEST.

BUT I WONDER...

Then I'd have a small chance.

TEE HEE!

...IT WOULD BE NICE IF HE'S NOT A PERSON WHO ONLY LIKES A GIRL FOR HER SENSE OF STYLE.

IT'S ALL RIGHT IF HE DOESN'T LIKE ME BEST, BUT...

I'M NOT THE TYPE TO BOAST, BUT MY BODY MEASUREMENTS ARE 82-56-83!

AND TALENT SCOUTS FROM THE SHOW BUSINESS INDUSTRY ALWAYS APPROACH ME FOR AUDITIONS.

SHE'S A PIGLET COMPARED TO ME!

SHEESH! YUKIMI IS SUCH AN UGLY EYESORE!

SO WHY DOESN'T ISAMU-KUN NOTICE ME, TOO?

Yukimi, take this bun for me.

Tasty, isn't it?

I'll leave it behind, you know!

Yukimi, you must finish this off for me!

I won't! Everyone should finish their own lunch!

Vtavta heh heh

Thanks, Yukimi

Oh no

...

Ho!

toss

Ho!

toss!

LEAVING SO MUCH FOOD BEHIND IS WASTEFUL!

HUH?

HEY, WHY ARE YOU ALL ASKING ME?

NO, I'M NOT!

BANG

SONOKO, AREN'T YOU GOING TO EAT?

...

KYAAA

ハンやあ

TARAFUKU-SAN, YOU'LL EAT THIS, RIGHT?

THUD

I TAKE ALL MY NUTRIENTS FROM DIETARY SUPPLEMENTS!

I'LL BE FINE.

SONOKO-CHAN!

THAT'S BAD!

YOU HAVEN'T TAKEN A SINGLE BITE!

I DON'T WANT TO END UP LOOKING LIKE YOU, TARAFUKU-SAN.

RICE TOO! IT'S BEST TO CHEW THE GRAINS YOURSELF

THAT'S NO SUBSTITUTE FOR VEGETABLES! EATING VEGETABLES IN THEIR NATURAL STATE IS THE BEST WAY TO ABSORB NUTRIENTS!

TARA-FUKU?

I CAN'T JUST THROW IT AWAY!

...

MILK

BUT SINCE IT'S BEEN GIVEN TO ME.

THIS LUNCH IS TOO MUCH FOR ONE PERSON TO EAT...

...

I'LL EAT THE REST OF THAT FOR YOU

EH?

ISAMU-KUN?

SHAKE

IT'S FINE!

I-I...

IF YOU EAT ALL OF THAT YOU'LL GO OVER YOUR NORMAL CALORIE INTAKE, RIGHT?

BUT I'VE GOT CLUB ACTIVITIES LATER ON, SO THAT'S HOW I'LL BURN OFF THE EXTRA CALORIES.

THANK YOU.

BUT YOU WERE GREAT, TARAFUKU

.....

REALLY?

..THAT'S REALLY GREAT

AND I THINK..

YOU WERE TREATING FOOD WITH RESPECT.

ISAMU-KUN...

IS HE YUKIMI'S GUY?!

Gook

DING DONG

I'VE GOT IT!

IF I CAN TAKE A PHOTO OF HER GOBBLING FOOD LIKE AN IDIOT AND ALLOW ISAMU-KUN TO SEE IT...

GRANDMA!

WELL. WELL!

YUKIO!

Grandma, I'll lend you a hand!

HOW COME SHE'S NOT AFRAID TO WALK INTO A VEGETABLE GARDEN?!

...

AREN'T THERE BUGS AND INSECTS CRAWLING AROUND?

AH!

I'VE BEEN SEEN!

OH! IS SHE A FRIEND OF YOURS, YUKIMI?

HUH? SONOKO-CHAN!

BUT IN THE COUNTRYSIDE THE AIR IS FRESH AND YOU CAN LIVE CLOSE TO NATURE

THERE'S NO REASON FOR ME TO LIVE HERE! THIS IS THE COUNTRYSIDE!

IS YOUR HOME IN THIS AREA, SONOKO-CHAN?

GAA: the sound made by a duck, Japanese version of 'QUACK'
GAAKO: cute name for duck. Derived from the 'GAA' sound made by a duck

THEY'RE HER PET DUCKS!

HUH? WHAT ARE GAAKO?

HEY, GRANDMA! I'LL FEED THE GAAKO!

I ALREADY KNOW ALL THAT!

Hmph!

PILL BUGS!

I wonder if they look like this!

?

EWWW!

SHE DOESN'T MIND KEEPING DUCKS? WHAT DOES SHE FEED THEM?

PILL BUGS AND WORMS AND OTHER INSECTS.

ガーコ用
GAAKO USE

I HATE BUGS!

GAA

GAA

GAAKO! ♪

EEEK!

GAA

HAVE YOU ALL BEEN WELL?

GAA

GAA

GAA

STARE

I'VE NEVER SEEN THAT DUCK BEFORE.

WHAT'S THAT WEIRD HAT ON ITS HEAD ?

HMM?

SLAP

COME TO ME!

AKUJIKI the kanji for 'bad' and 'food'. The meaning is 'to eat bad food.'

HAH!

STOMACH FULL! STOMACH FULL!

A TALKING DUCK!

Ouw!

KICK

...

IS YOUR STOMACH FULL?

NYAA

COULD HIS BE

THIS

...

WHO'S...

...YOUR OWNER?

WAIT A MINUTE, PLEASE!

WHAT'S WRONG?

AH, YUKIMI!

GRAND-MA!

DASH

HYAA!

ARGH! THE DAIKON RADISHES!

TAKE A LOOK AT THIS...

OF COURSE! IT'S THAT DUCK!

THIS IS AWFUL!

IF ONLY I'D SOUGHT YOUR HELP IN HARVESTING AND EATING THEM BEFORE THIS HAPPENED

What a shame.

AKUJIKI KICK!!

悪食キック!!

WATCH OUT, YUKIMI!

YUKIMI!

OWW! OWW!

I'LL CALL SOMEONE FOR HELP RIGHT NOW!

HOLD ON, YUKIMI!

THIS IS TERRIBLE!

WOOSH

ドカッ

KYAA!

GLARE

THIS IS NO ORDINARY DUCK!

IF IT KEEPS THIS UP...

UGH!

I'LL HAVE TO TRANS-FORM!

HEY?

HM?
HMM?

HM?

SILENCE...

TRANSFORM
ME!

WHAT
WAS
THAT?!

—WHA-

ROLL
ROLL

ERR...

ERR... UMM...

AT THE TIME I HAD AN ARGUMENT WITH SONOKO-CHAN

THEN I WENT RUNNING TO THE PARK.. AND PULLED OUT THE DUMBBELL

STOMP

STOMP

ARGH!

ドシーン

kick ドシーン

CALM DOWN, YUKIMI!

THINK BACK TO THE FIRST TIME YOU TRANSFORMED!

WHAT WAS DIFFERENT ABOUT IT?

PERHAPS I NEED TO HAVE ANOTHER ARGUMENT WITH SONOKO-CHAN!

AHA! THAT MIGHT BE IT!

コロ～

TUMBLE

jolt

ハッ

oh!

HUH?

RUN, YUKI-CHAN!

RUNNING CONSUMES CALORIES!

YOU—! THAT'S NOT IT!

DINK

OUCH!

SLAM

AIEEE!

YOU MUST RUN!

BUMP

MOVE IT! MOVE AWAY FROM ME!

RISE

BEEP

BEEP

BEEP

BEEP

BEEP

BEEP

SWISH

CALORIE CONSUMPTION COMPLETE!

!

WHO'S THAT?

PUKUPUKU. the Japanese sound effect for swelling

I REPORT YOUR CALORIE CONSUMP-TION!

ME!

THIS IS PUKUPUKU, YOUR STOMACH METER SPEAKING!

COMPLETE! COMPLETE!

HYAA!

creeping

Maybe it's a pedometer gone wrong..

YOU'RE A STOMACH METER?

YUKIMI-CHAN, YOU MAY NOW UNDERGO PHYSICAL TRANSFORMATION. YOU HAVE CONSUMED A TOTAL OF FORTY KILOCALORIES.

Ahh!

FLAP

SOMEHOW I MUST TRANSFORM NOW!

TWACK

MIRACLE DIETER KICK!

SCREEECH

スササササ"""—"

I WON'T ALLOW FOOD TO BE WASTED!

NIBBLING BITS HERE AND THERE WITHOUT FINISHING OFF YOUR MEAL IS BAD MANNERS!

GUU?

GUU

DO YOU UNDERSTAND, AKUJIKI DUCK-CHAN?

WHAT'S WRONG? WHAT DANGER?

HUH?

DANGER!

THIS GIRL IS HUNGRY!

Ah! It's

WHAT A DELICIOUS AROMA...

Whose hunger?

YOU'RE TALKING ABOUT HUNGER?

I'M TALKING ABOUT HUNGER!

NOTE: Akujiki is a foreign duck. A Japanese duck would typically say GAA

MIRACLE DIETER MIYUKI.

WE MEET AGAIN...

SO THEY'RE WORKING TOGETHER?!

A CRAZY DUCK?

A CRAZY DUCK IS ON THE LOOSE!

IT'S TERRIBLE, TERRIBLE!

COME TO THINK OF IT, TARAFUKU-SAN WENT TO THE DUCK SHED ON HER OWN...

AMAZING! WHAT A STYLISH OUTFIT!

WHO'S SHE?

YOUR PET'S BEHAVIOR IS UNACCEPTABLE! MY GRANDMA PUT A LOT OF EFFORT INTO CULTIVATING THOSE RUINED CROPS!

APPETITE VILLAIN CHEF FIATEE!

WHO ON EARTH IS HE?

AS FOR THAT MAN...

He grabbed it out of thin air.

HEY, HEY! TASTES GOOD!

Delicious!

CRUNCH CRUNCH

MUNCH MUNCH

YOU GAVE YOUR PET PERMISSION TO DO THIS?!

SWING

FIRST WRECKING, THEN NOW GOBBLING UP HER PRECIOUS CROPS. .

I'M GOING TO TAKE THESE DAIKON RADISHES!

HEY, I TOOK A LIKING TO THE CROPS FROM THIS VEGETABLE PLOT

...

WHAT DID YOU SAY?

DON'T YOU DARE DO THAT!

CONK

OWW!

ERR.. WHAT AM I GOING TO DO?

OR ELSE I'LL

WHO ARE YOU? WHAT ARE YOU DOING HERE?

SPLAT

HUH?

woosh

SONOKO... CHAN?

SONOKO-CHAN!

thud

slap

LET'S WHIP UP A HIGH CALORIE DISH WITH THESE DAIKON RADISHES!

AFTER ONE MOUTHFUL, YOU'LL ALL BE ADDICTED TO MY COOKING!

WHAT KIND OF MEAL IS HE PLANNING?

NO! I WON'T ALLOW HIM TO MAKE IT!

ENERGIZE!

EH?

SWISH

MIRACLE SPIRAL...

WAH!

PRETTY MEASURING TAPE!

squeeze squeeze

GWEH-

WAAH!

GWEH!

SLAM
catch
catch
catch
catch
SHIT!
KWEH...
SUNRISE!

...START BY GIVING UP YOUR GOAL TO FATTEN HER UP!
IF YOU REALLY WANT TO WIN A MAIDEN'S HEART...
UGH!
BOOM
YOU MAY HAVE FOILED MY PLANS FOR NOW, BUT THERE'S ALWAYS NEXT TIME!
WHOOO...
I'LL REMEMBER THIS!

munch munch

TASTES LIKE.. CARAMEL POPCORN?

HMM?

Oh!

sit up

YUMMY...

...

...

ERR WELL.

IS SHE A FRIEND OF YOURS, TARAFUKU-SAN?

I. HOLD ON! WHO WAS THAT GIRL I JUST SAW?

OR A DISTANT COUSIN?

She looked a bit like you

HUH?

WHAT HAPPENED TO ME?

S-SONOKO-CHAN, ARE YOU ALL RIGHT?

SHE'S MY COUSIN!

YEAH, THAT'S RIGHT!

...

EVEN SO, SHE DOESN'T COME CLOSE TO ME.

YOU MAY BE COUSINS, BUT YOU'RE SO DIFFERENT FROM EACH OTHER!

DOESN'T SHE LOOK SO COOL? MUCH MORE ATTRACTIVE THAN YOU, TARAFUKU-SAN!

HMMPH

GRAND-MA!

thud thud thud

WE'VE COME TO SAVE YOU!

YUKIMI!

BUMP

Tsk tsk!

A VICIOUS DUCK ATTACKED HER!

I WONDER WHERE THAT DUCK'S GONE NOW.

WERE YOU HURT?

I'M ALL RIGHT NOW. I SCARED IT AWAY.

YOU'LL NEVER CATCH ME OFF-GUARD AGAIN, CHEF FIATEE.

FROM NOW ON...

AAH~

TODAY WAS SO HECTIC.

AND THIS THING.

THE DUMBBELL PROVED USEFUL.

WELL, AT LEAST

ZZZ ZZZ

. HAS GONE TO SLEEP

ERR. . WHAT WAS IT AGAIN?

Was it Pukupuku-chan?

MAYBE IT'S BEST FOR ME NOT TO WORRY TOO MUCH ABOUT IT.

ITADAKIMASU!

I MUST PROTECT THE OTHER GIRLS!

IF CHEF FIATEE KEEPS THIS UP, HE'LL BE APPEARING BEFORE ME MANY MORE TIMES

ANYWAY

I NEED TO EAT WELL TO KEEP UP MY STRENGTH!

OF COURSE, MAMA!

YOU'RE FULL OF ENERGY TODAY!

WHY, YUKIMI-CHAN!

DID YOU START THE DAY BY EATING A PROPER BREAKFAST?

WOW! YOU BOTH LOOK SO BRIGHT AND CHEERFUL!

GOOD MORNING!

GOOD MORNING, YUKIMI!

IT'S. IT'S NOT GOOD TO OVEREAT, YOU KNOW.

Lots and lots?

YEAH!

WE'VE EATEN LOTS AND LOTS!

AH. . ISAMU-KUN! ♡

GOOD MORNING, TARAFUKU!

SOMETHING'S NOT QUITE RIGHT. THE WAY THEY'RE ACTING IS...

?

G-GOOD MORNING, SONOKO-CHAN.

YOU'RE LOOKING THE SAME AS USUAL, CHUBBY-CHAN!

I GUESS YOU JUST DON'T KNOW HOW TO LOOK AS GOOD AS ME.

FLINCH

GOOD MORNING, TARAFUKU-SAN!

THWACK

CHECK THIS OUT!

I...I can't see!

smirk

I JUST KNEW YOU WERE CLUELESS!

WHAT DON'T I KNOW?

CONVENIENT POCKET-SIZED PACKS!!

CUT CALORIES WITH ONE TASTY PILL!

DYNAMIC CALORIE CONTROL CANDY

PA★I★KO★N SWEETS♥

They worked for me!

A hit with girls in Junior high!

Kawaii!

Bite-size!

TAKE A LOOK.

THEY'RE REALLY POPULAR. EVERYONE'S TAKING THEM

IT'S A DYNAMIC CALORIE CONTROL CANDY!

THE SHORTENED NAME IS "DA★I★KO★N SWEETS"

D-DA DAIKON SWEETS?

ACTUALLY, THEY DON'T SEEM TO BE MADE FROM DAIKON RADISH

BUT YOU KNOW.

HUH? YOU'RE KIDDING!

THAT CAN'T BE TRUE!

IF I TAKE ONE OF THESE NOW.

THANKS TO THIS, I'LL NEVER PUT ON WEIGHT.

I CAN ENJOY A BIG MEAL AT AN ALL-YOU-CAN-EAT BUFFET LATER.

BUT EVEN IF YOU TOOK A HUNDRED OF THESE, TARAFUKU-SAN, THEY PROBABLY WOULDN'T WORK ON YOU!

コンッ
CONK

HERE, HAVE ONE!

...

ホ ホ ホ
HO HO HO

After I take one of these, I just love eating!

I'll be having pizza for dinner!

This morning I ate ramen, followed by chocolate!

DID SHE SAY EVERYONE WAS USING IT ... TO LOSE ... WEIGHT?

WAIT A MINUTE...

VERY SUSPICIOUS!

THIS IS GETTING...

You don't eat ramen for breakfast!

NOTE: In Japan, ramen is regarded as fast food. A typical bowl of ramen from a train station outlet can come to less than $5USD. It's cheap and filling, but has limited nutritional value.

HOW IS EATING IT GOING TO CUT THE CALORIES OF THE FOOD YOU EAT?

IT'S A STRANGE-LOOKING SWEET, THAT'S ALL.

EVERYONE'S TAKING IT AND ACTING WEIRD!

GOOD POINT

HOW DID ALL THIS START IN THE FIRST PLACE?

SO YOU AGREE WITH ME, AMINO-SAN?

IT'S MORE LIKELY TO HAVE THE OPPOSITE EFFECT, YUKIMI-CHAN

YUKIMI-CHAN, TAKE A LOOK AT THIS.

GEEZ, YOU'RE BEING MEAN, KUEN-SAN!!

AHA! I FELT IT WAS TOO SWEET WHEN I TASTED IT, TOO!

HEY YOU!! YOU BETTER STOP EATING THEM! IF YOU END UP FAT FROM THIS, WOULDN'T IT BE A DISASTER?

UWAA!

TOO SWEET!

pah pah pah

IT'S FULL OF SUGAR, ISN'T IT?

Now I'm Chiyochiyo! I've been on a diet and

This is the new me!

TV IDOL Chiyochiyo's sucesss story with DA★I★KO★N SWEETS

HUH?

I recom-mend them to all my friends! ♡

They re so cute and sweet and tasty!

I swear I can cut calories by taking one of these pills!

THAT'S TAKEURA CHIYOMI-CHAN, THE TV IDOL!

YUKIMI-CHAN, LOOK CLOSELY AT HER!

NO WONDER IT'S A HIT

THAT'S IT! CHIYOMI-CHAN STARTED THIS CRAZE WITH HER ADVERTISE-MENTS!

ARGH!

!

SEE HER EARRING!

AKUJIKI DUCK-CHAN?!

I SEE.

HE MUST BE APPEARING BEFORE HER ON A REGULAR BASIS TO CONTROL HER.

THAT GIRL IS A PAWN OF CHEF FIAT'EE.

HE GIVES HIS PAWNS AN INSATIABLE APPETITE. THEY'RE DRIVEN TO EAT ANYTHING THEY CAN GET THEIR HANDS ON

YES, BECAUSE THEY'RE DESPERATE TO FILL THEIR STOMACHS.

...JUST LIKE THAT POOR GIRL. YUKIMI-CHAN, YOU'LL TAKE CARE OF THIS BY BRINGING DOWN HIS CROOKED SCHEME, WON'T YOU?

COULD THIS REALLY BE...

Oh No!

AND THESE DA★.★KO★N SWEETS MUST BE THE WORK OF CHEF FIATEE, RIGHT?

ERR.. YESTERDAY CHEF FIATEE THREATENED TO WHIP UP SOMETHING..

HEY YOU!

toss

YUKIMI-CHAN!

もぎゃ

munch

もぎゃ

munch

IT TASTES A BIT LIKE THE DAIKON RADISHES FROM GRANDMA'S GARDEN!

WHAT'S WRONG WITH YOU, YUKIMI-CHAN?

I KNEW IT!

HEY YOU! SPIT THAT OUT THIS MINUTE!

YOU MEAN HE'S USING THE DAIKON RADISHES FROM YESTERDAY?

HUH? REALLY?

I'LL NEVER LET HIM GET AWAY WITH IT!

THEN I..

IF THEY'RE AN INGREDIENT IN THIS SWEET THAT'S HARMING EVERYONE'S HEALTH...

BUT THE VEGETABLES MY GRANDMA GROW ARE NATURALLY DELICIOUS AND GOOD FOR YOU!

IT'S TIME FOR ACTION!

YUKIMI-CHAN!

YOU'LL PAY FOR THIS, CHEF FIATEE!

I MUST MAKE HER STOP PROMOTING THESE SWEETS!

I'M GOING TO SEE CHIYOMI-CHAN IN PERSON!

SCary

SO MANY PEOPLE ..

DON'T LOSE HOPE!

NO, YUKIMI!!

AH! CHIYOMI-CHAN!

CHIYOMI-CHA—

WAH

KYA

KEEP CLEAR! STAY BACK!

KYAA

CHIYOCHIYO! CHIYOMI-CHAN!

CHIYOMI-CHAN!

WA.. WAIT..

left behind

WAH!

KOO

BUMP

KYA!

KWAA!

KYA!

OH NO!

SHE IS! BUT DIDN'T SHE SAY SHE WAS ON A DIET?

SHE'S GETTING TUBBY, HUH?

HEY, DID YOU GET A LOOK AT CHIYOMI-CHAN?

Yeah!

We must have imagined it!

I SHOULD'VE KNOWN IT WOULD BE TOO HARD... TO MEET CHIYOMI-CHAN IN PERSON.

SHE'S ALREADY GONE.

YOU'LL BE GOING IN THERE FOR AN AUDITION?

HUH, SONOKO-CHAN?

BUT I CAN'T JUST TACKLE HER HEAD-ON!

UGH

OH NO! IF I DON'T FIND A WAY TO APPROACH HER SOON...

YEAH, IT'LL BE A BREEZE!

HAH! WHEN THEY TAKE A LOOK AT ME, I'M SURE THEY'LL ALL AGREE I'M MUCH MORE BEAUTIFUL THAN CHIYOCHIYO!

TAKEURA CHIYOMI IS GOING TO BE ONE OF THE JUDGES AT THE AUDITION, YOU KNOW.

I can't think up a good plan..

AAH. .

WHAT ?!

SONOKO-CHAN!!

I WONDER IF I COULD ENTER IT, TOO.

T-THAT AUDITION YOU JUST MENTIONED

WHAT'S WITH YOU?! YOU SCARED THE LIVING DAYLIGHTS OUT OF ME!

Kyaa!

IMPOSSIBLE! YOU'VE GOT NO CHANCE OF MAKING IT! THIS IS A TV IDOL CONTEST!!

NOT A CHUBBY-CHAN CONTEST!

NOW WHAT?

SONOKO-CHAN. ?

HM?

TAKE IT EASY, TARAFUKU-SAN!

I'VE GOT TO GET IN THERE, SONOKO-CHAN!!

hug

OWW

CONK

WHAT ON EARTH ARE YOU DOING?!

Eeek!

IS YOUR TUMMY GETTING A BIT FLABBY?

squish squish squish

MY PHYSICAL PROPORTIONS COME CLOSE TO MATCHING THE GOLDEN RATIO, THE MATHEMATICAL DEFINITION OF AESTHETIC APPEAL!

HOW RUDE OF HER TO CALL ME FLABBY!

ERR. .

HM?

wobble

wobble

TV Idol Contest

You can be a star!

OPEN TO THE PUBLIC! 12-15 YEAR OLD GIRLS!

FOUND IT!

Guest Jud

Takeura Cl

I'LL BE THERE!

ALL RIGHT!

THAT'S IT!

I'LL NEVER GET AN OPPORTUNITY THIS GOOD TO MEET CHIYOMI-CHAN!

HM?

whoosh

AM I SEEING THINGS?

?

?

?

MAGNIFIED VIEW

?

I I know, Sonoko-chan. You've already said it fifty times.

GOOD IDEA, TARAFUKU-SAN! BUT DON'T MAKE A NUISANCE OF YOURSELF!

I AGREED ONLY BECAUSE YOU BEGGED TO BE MY ASSISTANT! UNDERSTOOD?

YOU'RE JUST AN ASSISTANT!

CHATTER

I'VE GOT SUCH A CLINGY FRIEND!

OH DEAR, WHAT A BOTHER!

TARAFUKU-SAN!

GO BUY ME A DRINK!

...

UMM, WHERE'S THE VENDING MACHINE?

BUT ...

SHE TOLD ME I HAD NO CHANCE OF ENTERING THE CONTEST, SO THAT'S WHY I ASKED TO COME ALONG WITH HER.

Sonoko-chan is pretty mean...

DON'T GET ME ANYTHING FIZZY! THEY MAKE ME BURP!

GOT IT

trudge trudge

I THINK I'M LOST!

GEEZ...

THIS SKIRT IS TIGHT!

HANG ON!

ISN'T IT THE WRONG SIZE?

HM?

CHIYOMI-CHAN!

BE QUIET, MAMA!

YOU'RE GAINING WEIGHT, AREN'T YOU?

NGH!

WELL, I SUPPOSE IT'S THE WRONG SIZE AS USUAL, CHIYOMI.

I CAN'T PULL UP THE ZIPPER!

WHO'S THERE?!

AH!

IT'S VISIBLE!

I CAN SEE IT STICKING OUT!

CHIYOMI-CHAN'S STOMACH IS...

bulging out

If I don't win this contest, it's Tarafuku san's fault!

GRRR

Kya

Kyaa!

TARAFUKU-SAN, YOU'RE TAKING TOO LONG!

...

...

BANG

KI

CHIYOMI, OPEN THE DOOR!

CHIYOMI-CHAN, WE DON'T HAVE MUCH TIME!

KI

BANG

I'LL PREPARE ANOTHER OUTFIT FOR YOU TO WEAR!

YOU HAVEN'T BEEN EATING AND DRINKING TOO MUCH, HAVE YOU?

CHIYOMI-CHAN.

YOU..

YOU BETTER KEEP YOUR MOUTH SHUT ABOUT WHAT YOU'VE SEEN!

AND IT'S ALL THANKS TO THIS.

I USED TO REGULATE MY FOOD INTAKE IN THE PAST, BUT ISN'T IT GREAT THAT I CAN NOW EAT WHATEVER I LIKE?

BEING A TV IDOL LIKE ME IS A STRESSFUL JOB, YOU KNOW!

EXCUSE ME!

THERE'S NOTHING DODGY ABOUT IT!

THEY'RE BAD! YOU'VE FALLEN FOR A DODGY MIRACLE CURE!

BUT LOOK AT YOUR STOMACH, CHIYOMI-CHAN! THOSE PILLS ARE WHY YOU'VE BEEN DUPED INTO THIS CRAZY BINGE-EATING HABIT LIKE EVERYONE ELSE!

A DA★I★KO★N SWEET!

SHOCK!

HOW IS MY WEIGHT GAIN WEIRD?

Hmmph!

ARE YOU CALLING ME FAT? DON'T GET ME STARTED ON HOW FAT YOU ARE!

SHE WON'T LISTEN!

W-WELL, MY STOMACH DOES APPEAR VISIBLE, BUT THERE'S NOTHING WEIRD ABOUT THE WAY I'VE GAINED WEIGHT!

YOU WERE NEVER FAT TO BEGIN WITH, CHIYOMI-CHAN! YOU DIDN'T NEED TO GO ON A DIET!

MY POINT IS...

PLEASE CHIYOMI-CHAN! YOU MUST STOP EATING THOSE SWEETS!

ぐい shove

GET OUT!

I WANT TO EAT AND EAT UNTIL MY STOMACH'S FULL!

I'M SICK AND TIRED OF CONTROLLING MY APPETITE! I WON'T SAY NO TO FOOD ANYMORE!

KYAA!

ポ PUFF

THE DUCK IS REVEALING ITSELF!

CHIYOMI-CHAN!

THUD

GWEH!

KWEH KWEH AND MORE KWEH!

YOU'VE BEEN MANIPULATING CHIYOMI-CHAN, HAVEN'T YOU?

AT LAST!

BEFORE I CAN TRANSFORM

APPETITE VILLAIN AND AKUJIKI DUCK-CHAN!

I WON'T LET YOU GET AWAY WITH THIS.

I MUST BURN ENOUGH CALORIES!

I NEED YOUR HELP!

POP BEEP!

PUKUPUKU-CHAN!

glitter

BEEP

40.0kcal

I DID IT!

CALORIE CONSUMPTION COMPLETE!

EACH TIME I TRANSFORM, IT'S SUCH HARD WORK!

JOG JOG

FIVE MORE CALORIES TO GO!

RIGHT, NOW IT'S TIME TO. .

pacing

YOO HOO! HOLDING OFF A BIT LONGER WAS TOO MUCH FOR YOU, HMM?

KWEH?

LET'S HELP HER GORGE ON MORE FOOD.

YOU'RE TOO LATE

He popped out of nowhere!

HOLD IT!

A LITTLE GIRL LIKE YOU

...WILL BE COMPLETELY ANNIHILATED BY ME.

Annihilated?

shock

がーん！

TOO LATE?!

FOR YOUR INFORMATION

WHEN I REALLY GET DOWN TO BUSINESS.

MIRACLE!

I'D LIKE TO SEE YOU TRY!

I WON'T BE DEFEATED BY YOU, CHEF FIATEE!

glare

IF YOU REALLY WANT TO WIN A MAIDEN'S HEART...

...START BY GIVING UP YOUR GOAL TO FATTEN HER —

!

DA★I★KO★N SWEETS!

MMF!

—UGH!

woosh

pop

pop

woosh

FURTHER TRANSFORMATION IN PROGRESS!

EXCESS CALORIES!

OH NO! THEY'VE JUMPED INSIDE MY MOUTH!

MIYUKI-CHAN MUST STOP EATING!

MMF!

YOUR UPPER ARM'S STARTING TO EXPAND!

ARGH!

EXCESS CALORIES!

EXCESS CALORIES!

A HA HA HA HA!

WHAT'S WRONG, MIYUKI?

DA★K KO★N SWEETS!

YES, FLY INTO HER MOUTH...

OH NO!

OH...

B-BUT THIS IS GRANDMA'S DAIKON RADISH IN MY MOUTH! I CAN'T JUST SPIT THEM OUT!

I'VE GOT TO DO SOME-THING!

swell

swell

MY TUMMY IS SWELLING UP!

BLEEP

BLEEP

MMF!

IF SHE REMAINS OVERLOADED WITH CALORIES, MIYUKI WILL BE..

THIS IS TERRIBLE!

HM?

...IN SERIOUS DANGER!

SORRY, I'M TAKING A SHORT BREAK

WHAT WAS THAT?

I'VE GOT A FEELING SOMEONE URGENTLY NEEDS ME...

ISAMU!

...

YO, ISAMU! YOU'RE SPACING OUT!

?

WHAT'S THE MATTER, MIRACLE DIETER MIYUKI?

YOU SHOULD FEEL PROUD TO HAVE A FIGURE WITH SUCH AMPLE PROPORTIONS!

HA HA HA!

BUT YOU'VE GOT NOTHING TO WORRY ABOUT

ONCE YOU'RE ALL FATTENED UP I SHALL UNVEIL PROOF OF THIS APPETITE VILLAIN'S ULTIMATE DIET MACHINE!

LOSE WEIGHT BY DOING INTENSIVE TRAINING WITH MY **"MEATY! BABY"** RATTLE!

IDEAL FOR EVERYONE AT 19,800 YEN INCLUDING SALES TAX!

WHAT A GREAT BARGAIN!

MMF! (NOW I KNOW FOR SURE.)

YOU WAVE IT THIS WAY AND THAT WAY.

AND YOUR FLAB WILL VANISH!

MF! MMF! (WHAT YOUR GOAL IS!)

MMROWFF! (THAT'S CRAZY! NO ONE WILL LOSE WEIGHT DOING THAT!)

SURELY THE BEST METHOD TO LOSE WEIGHT IS AEROBIC EXERCISE!

MMF? (WHAT?)

POP BEEP!

BEEP! BEEP!

THIS FRESH BREEZE OF MINUS IONS...

HMM?

BEEP!

MINUS IONS: In Japan, harmful pollutants are believed to carry a positive charge ('plus ions'), and need to be neutralized with negatively charged 'minus ions' to maintain good health and general wellbeing. Forest woodlands and waterfalls are places supposedly rich in minus ions. Many products in Japan are even marketed as a source of minus ions e.g. air conditioners, bottled water, hair dryers, and cosmetics. There is little hard scientific evidence for these claims, but it remains a popular term.

WHO ARE YOU?
THIS IS FITNESS WARRIOR AEROBIC MASK...

THIS WILL BURN YOUR FAT!

MIYUKI!

EXERCISE WITH THIS SKIPPING ROPE! DON'T OVERDO IT, BUT DON'T BE SLACK EITHER!

FITNESS WARRIOR AEROBIC MASK?

WHO'S HE?!

EVEN MY FACE IS GETTING ROUND!

gulp

EEK!

UGH

APPETITE VILLAIN CHEF FIATEE!

THIS TIME I'LL BE YOUR OPPONENT...

DAMN! I WAS SO CLOSE!

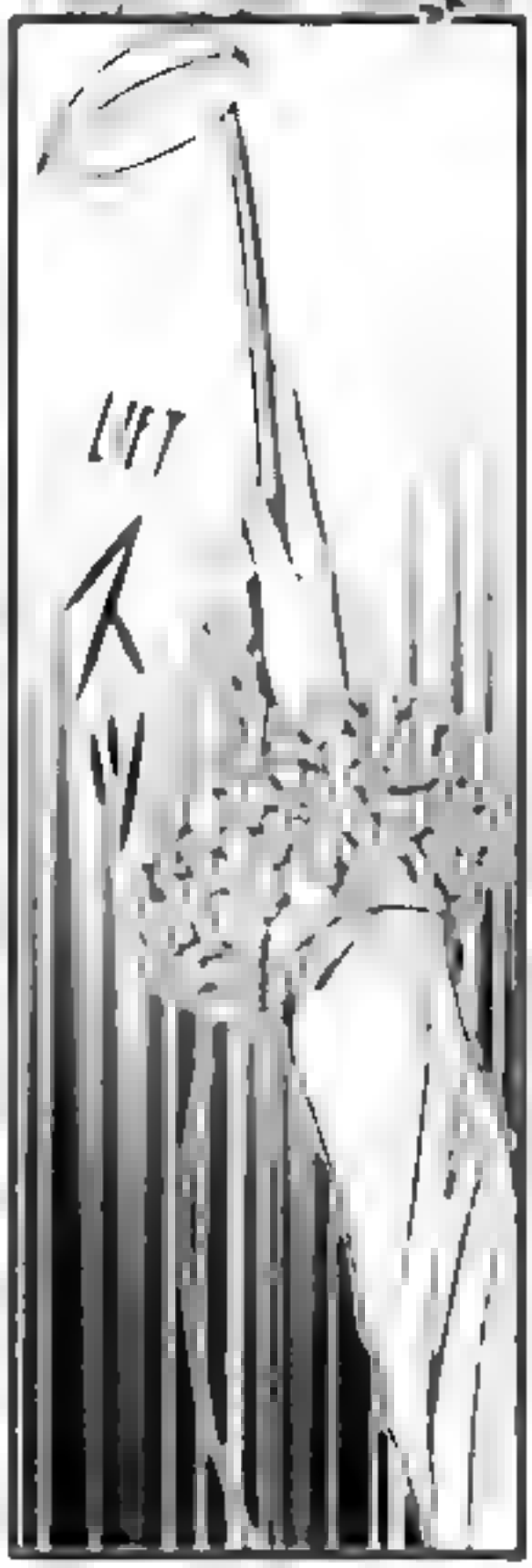
IN THAT CASE

TWENTY ASSISTANTS TO GO

UP TO 11!!

WHO ON EARTH IS HE?

UP TO 12!!



Translation note

KWEW!

WOOSH

EAT IT!

IS THAT SOME KIND OF SPELL?!

FIRSTLY, HORS D'OEUVRES TO GO!

PLEASE ENJOY THEM WITH SOME WINE!

NEXT, VICHYSSOISE PREPARED TO ORDER!

EVEN MY MAIN DISHES ARE A SOURCE OF ULTRA-HIGH CALORIES AND CHOLESTEROL OVERLOAD!

They sound too tasty!

STAY AWAY FROM THEM!

WATCH OUT!

VICHYSSOISE: a cold French-style soup made from puréed leeks potatoes onions cream and chicken stock

CALORIE CUT!

BAM

CUT!

1,250kcal

→750kcal

WHAT?!

GWEH?

510kcal
→224kcal

700kcal
→135kcal

850kcal
→365kcal

DRASTICALLY REDUCED!

BUT THE RICH FLAVOR OF MY DISHES!

The oil and butter and lard are all...

762kcal
→342kcal

CUT!

THE TOTAL LOSS ADDS UP TO ..

2800 KILO-CALORIES!

IF ONLY I'D FACTORED IN THE INCREASED DAILY CALORIE INTAKE REQUIRED BY A TEENAGE BOY!

ARRGH!

YOU IMBECILE!

I DON'T BELIEVE THIS!

IT'S REALLY YUMMY!

munch munch

I WON'T LET YOU GET AWAY WITH THIS NEXT TIME!

Marsh-mallow

horror

All right!

HE'S SO COOL... BUT A BIT STRANGE, HUH?

...

I WAS SAVED FROM A TERRIBLE PREDICAMENT

THANKS TO YOUR SKIPPING ROPE.

CONSIDER IT A GIFT USE IT WELL AND YOU'LL MAINTAIN YOUR BEAUTY AND HEALTH

THANK YOU SO MUCH FOR COMING TO MY RESCUE.

THANK YOU!

REALLY?

YOU KNOW...

SO.. CAN YOU TELL ME WHO YOU ARE?

PLUS I THINK PEOPLE ARE PICKING UP BAD EATING HABITS THESE DAYS.

YES, THAT'S RIGHT!

DON'T YOU THINK?

IN THIS WORLD, KNOWING THE RIGHT FOOD TO EAT IS NOT A SIMPLE ISSUE ANYMORE...

all done.

WHILE THEIR PARENTS EAT BY THEMSELVES AT HOME.

AND SNACK ON CHEAP SWEETS DURING THE DAY.

TEENAGERS SKIP BREAK-FAST

I JUST WISH EVERYONE WOULD EAT THEIR MEALS IN THE COZY SURROUNDINGS OF THEIR OWN HOME.

IT'S BEST TO EAT FOOD LIKE VEGETABLES IN THEIR UNPROCESSED NATURAL STATE!

THEY CLAIM THEY LEAVE FOOD BEHIND BECAUSE THEY DON'T WANT TO BE FAT YET THEY FORGET THAT OTHERS PUT SO MUCH EFFORT INTO MAKING THESE MEALS FOR THEM!

WELL, MY WORK HERE IS DONE.

ERR BUT

UH HUH.

I AGREE WITH YOU

IF YOU'RE EVER IN DANGER

I'LL BE BACK!

DO YOUR BEST, MIYUKI!

HE'S SUCH AN INSPIRING PERSON!

AEROBIC MASK-SAMA...

MM..

jolt

I MUST QUICKLY TRANSFORM BACK!

CHIYOMI-CHAN'S WAKING UP!

.....

I'M NOT CHANGING BACK!

!!

sit up

...

TURN AROUND!

HEY, YOU'RE IN MY DRESSING ROOM, YOU KNOW!

Here goes nothing!

AHH.

ERR.

WHY CAN'T I CHANGE BACK TO NORMAL?

WHO ARE YOU?

IS THAT A SKIPPING ROPE?!

THAT'S RIGHT!

EEK!

ARE YOU EXERCISING, ONEESAN?

ERR.. I.

ONEESAN: 'older sister' A respectful title used to address an older woman

ARGH! I GET IT!

IS MY STOMACH THE REASON YOU'RE HERE?

bulge

THAT'S IT EXACTLY! THERE'S NO BETTER WAY TO SHRINK IT DOWN!

YES!

WHAT ARE YOU DOING BY EXERCISING IN MY DRESSING ROOM, ONEESAN?

...

Umm

Ah..

Err..

AS A TV IDOL, YOU MUST BE A GOOD ROLE MODEL FOR EVERYONE!

RIGHT!

RIGHT!

RIGHT! ONE, TWO! ONE, TWO!

EAT THREE PROPER MEALS A DAY AND DO MODERATE EXERCISE! THAT'S THE BEST WAY TO LOSE WEIGHT!

CHIYOMI-CHAN, DON'T USE STRANGE PILLS OR MIRACLE CURES TO GO ON A DIET!

ENOUGH! YOU'RE TURNING INTO A SLAVE DRIVER!

Am I?

I CAN'T DO ANYMORE.

RIGHT!

RIGHT!

RIGHT!

ぴょん skip

ぴょん skip

THREE MEALS A DAY EVERY DAY AND MODERATE EXERCISE! THAT'S ALL YOU NEED!

L-LIKE I SAID. .

Zoom ぴゅん

SEE YOU!

YUKIMI, PROMISE YOU WON'T DO THAT AGAIN!

Changed back →

Wheeze

gasp

HEY, TARAFUKU-SAN! WHERE HAVE YOU BEEN?!

SORRY, SONOKO-CHAN

tz dash

HANG ON, TARAFUKU-SAN! COME BACK HERE THIS INSTANT!

ON A SUNDAY?!

What things do you need to do?

I'M AFRAID I HAVE TO GO HOME. I'VE GOT OTHER THINGS I NEED TO DO.

I'M SURE CHIYOMI-CHAN WILL RETURN BACK TO HER NORMAL EATING HABITS AFTER THIS.

WHAT A RELIEF!

KYAA!

Hey, that's amazing!

So cute!

HOTO

THAT WOULD BE GREAT!

?
?
HOW DID I... END UP IN THIS PLACE?
HUH?
YUKIMI-CHAN, IT'S NOT LIKE YOU TO OVEREAT!
I GET A BIG APPETITE WHEN I'M FEELING HAPPY!
Itadaki-masu!
LET HER EAT AS MUCH AS SHE NEEDS!
NO, NOT AT ALL! YUKIMI IS A GROWING GIRL, MAMA!

I ATE A BIT TOO MUCH

burp

ALL RIGHT!

AMINO-SAN! KUEN-SAN!

Ah!

YUKIMI-CHAN!

WHAT DO YOU MEAN?

WE'VE SEEN YOU IN A WHOLE NEW LIGHT

TODAY WAS FULL OF DRAMA, WASN'T IT?

IF IT WASN'T FOR THAT MASKED MAN, I MIGHT'VE BEEN FINISHED

BUT REALLY, THAT WAS SUCH A CLOSE CALL.

KYAA That was so embarrassing!

MAYBE YOU SHOULD THINK ABOUT A CAREER AS A GYM INSTRUCTOR, YOU KNOW!

YOU MEAN AEROBIC MASK?

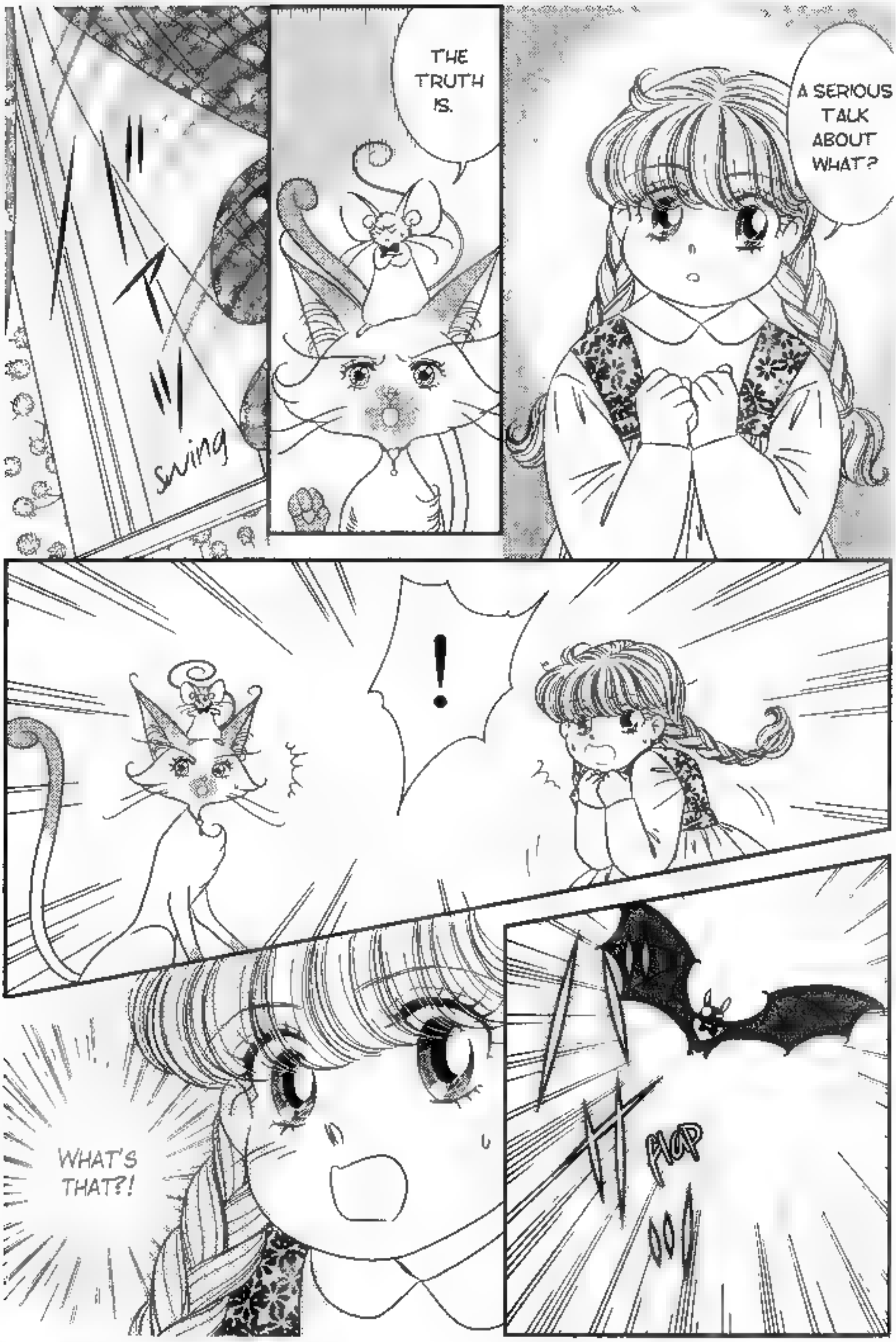
AMINO-SAN, KUEN-SAN, DO YOU KNOW ABOUT HIM?

WHICH REMINDS ME. WHO IS HE?

YUKIMI-CHAN!

IT'S TIME FOR US TO HAVE A SERIOUS TALK!

SO YOU'VE HEARD OF HIM?


THE TRUTH IS.
A SERIOUS TALK ABOUT WHAT?
swing
!
WHAT'S THAT?!
FLAP

A BAT-SAN?

SO IT'S YOU!

POOF POOF

KYAA!

C-Cap
Cap

WHO?!

BARON CAPSAICIN!

M-MAYBE
...

SO YOU'RE THE ONE CHOSEN BY THE PRINCE TO BE THE MIRACLE DIETER, CORRECT?

AW, COME ON! THERE'S NO 'MAYBE' ABOUT IT!

DO YOU REALLY?

PLUS WE BELIEVE IN YUKIMI-CHAN, TOO!

BARON!

PRINCE GYMNEMA HAS TOLD US THAT YUKIMI-CHAN IS THE ONLY ONE WHO CAN BE THE MIRACLE DIETER. THAT'S WHY WE APPOINTED HER!

CAPSAICIN. the compound that gives chili peppers their distinctive 'heat' Used in spray form as a means of controlling violent behavior

SO IS HE A FRIEND OF AMINO-SAN AND KUEN-SAN?

HELLO. .

I GUESS TODAY WAS A TOUGH BATTLE FOR YOU, HMM?

ALLOW ME TO INTRODUCE MYSELF. YUKIMI-KUN

I AM KNOWN AS BARON CAPSAICIN I'M ONE OF PRINCE GYMNEMA'S ATTENDANTS.

HOW DO YOU DO?

IF IT WASN'T FOR THE TIMELY INTERVENTION OF AEROBIC MASK, THE OUTCOME MAY WELL HAVE BEEN DISASTROUS.

I'm afraid it was...

WELL, EVEN IF HIS DECISION IS FINAL, I INTEND TO JUDGE HER ABILITY FOR MYSELF.

BARON!

SHE'S THE PRINCE'S CHOICE!

ERR. .

KUN. this honorific may be used to address females in business settings. By using Kun instead of the more familiar chan, the Baron is establishing a degree of formality in his relations with Yukimi

BARON CAPSAICIN!

THE PRINCE SAID NOTHING ABOUT THIS!

HE HAS AGREED TO PIT THE TWO GIRLS AGAINST EACH OTHER TO DETERMINE THE IDEAL CANDIDATE.

MY PROPOSAL HAS ALREADY BEEN ACCEPTED BY THE PRINCE, AMINO-KUN.

I WONDER WHO WOULD MAKE THE BEST MIRACLE DIETER: THIS GIRL OR YUKIMI-KUN?

FOR I KNOW OF A GIRL WHO WOULD BE A MOST SUITABLE CANDIDATE FOR THE POSITION OF MIRACLE DIETER.

DO YOU TRULY HAVE THE FORTITUDE REQUIRED FOR THE TASK?

FROM THIS DAY FORTH, THE ENEMY'S ATTACK SHALL INCREASE IN FURY AND INTENSITY.

YUKIMI-KUN, HOW ARE YOU GOING TO RESIST THIS ONSLAUGHT?

YUKIMI-CHAN!

YOU'RE GOING TO BE IN BIG TROUBLE, YOU KNOW!

YOU'LL HAVE TO PROVE YOUR TRUE STRENGTH TO ME!

poof

REALLY?

BIG TROUBLE?

OH NO!

YUKIMI-CHAN, YOU MUSTN'T BE DEFEATED BY THIS OTHER GIRL!

YOUR RIVAL'S GOING TO SHOW UP! THE BARON'S CHOICE TO BE MIRACLE DIETER!

GOOD MORNING, YUKIMI-CHAN!

THAT'S WHAT I WAS TOLD, BUT

WHAT IF I FAIL?

"YUKIMI-CHAN, YOU MUSTN'T BE DEFEATED BY THIS OTHER GIRL!"

DIDN'T YOU GET ENOUGH SLEEP?

OH DEAR!

GOOD MORNING, MAMA ..

THIS WILL SURELY WAKE YOU UP!

WARM 木 カ

WARM 木 カ

IN THAT CASE, YOU SHOULD MUNCH ON A BOWL OF BROWN RICE! HERE, TRY SOME!

YUKIMI-CHAN!

UH HUH.. I'M A BIT TIRED

YUKIMI! GOOD MORNING!

NOW I'M WIDE AWAKE AND RARING TO GO!

MMM!

もぎゅ munch

もぎゅ munch

MARCH

MARCH

GOOD MORNING!

YOU'RE FULL OF ENERGY TODAY, YUKIMI

GASP~

JUST CLIMBING THE STAIRS UP THE FOOTBRIDGE LEAVES ME SHORT OF BREATH

PLUS CHIYOMI'S STOPPED TAKING THEM, TOO.

I DID, BUT..

DID YOU SKIP BREAKFAST AGAIN?

I'VE HEARD RUMORS THAT IT DOESN'T SEEM TO WORK

DID YOU HEAR ABOUT DA★I★KO★N SWEETS?

WHAT'S BROWN RICE?

HAVE YOU EVER TRIED BROWN RICE?

EAT RICE?

I BET RICE MAKES YOU FAT!

IT CAN IMPROVE YOUR CONCENTRATION.

IT'S ALSO GOOD FOR YOUR HEALTH

SHE'S STOPPED TAKING THEM!

THAT'S GREAT NEWS!

♡

THEY'RE A BIT MORE CHEWY THAN USUAL

BUT IF YOU SLOWLY MUNCH THE GRAINS WHILE YOU EAT, YOUR STOMACH WILL FEEL FULL AND YOU WON'T HAVE THE URGE TO SNACK BETWEEN MEALS ANYMORE.

I've got chocolate You want some?

Yeah, let's eat!

HUH? THAT'S UNTRUE. IT DOESN'T MAKE YOU FAT!

PLUS UNPOLISHED GRAINS ARE GOOD FOR YOU...

LIKE THE ONES IN BROWN RICE!

SLAP

scatter

YOU'RE NOT SUPPOSED TO EAT CHOCOLATE FOR BREAKFAST!

Yummy!

You should be eating rice!

HEY! WHAT WAS THAT FOR?

ARGH!

Our chocolate is

WHAT'S HAVING A BABY GOT TO DO WITH IT?

HUH?

YOU THERE!

IT'S FOR YOUR OWN GOOD!

IF YOU KEEP EATING FOOD LIKE THAT FOR BREAKFAST...

YOU WON'T BE ABLE TO HAVE A HEALTHY BABY OF YOUR OWN WHEN YOU GROW UP!

WELL DONE!

YOU'VE GOT A REALLY NICE COMPLEXION. YOUR SKIN IS GLOWING.

WHY, THANK YOU VERY MUCH!

THERE'S NO WAY I'D PUT UP WITH THEM!

AND THEY REFUSED TO TAKE MY ADVICE, I'D DUMP THEM!

IF I HAD FRIENDS WITH SUCH UNHEALTHY EATING HABIT'S..

BUT YOU KNOW.

WOW... SHE SOUNDS EXTREMELY JUDGMENTAL...

...

NO WAY, NO WAY, NO WAY!

I'M A NEW TRANSFER STUDENT. MY NAME IS OKAWARI YUMIE. PLEASED TO MEET YOU!

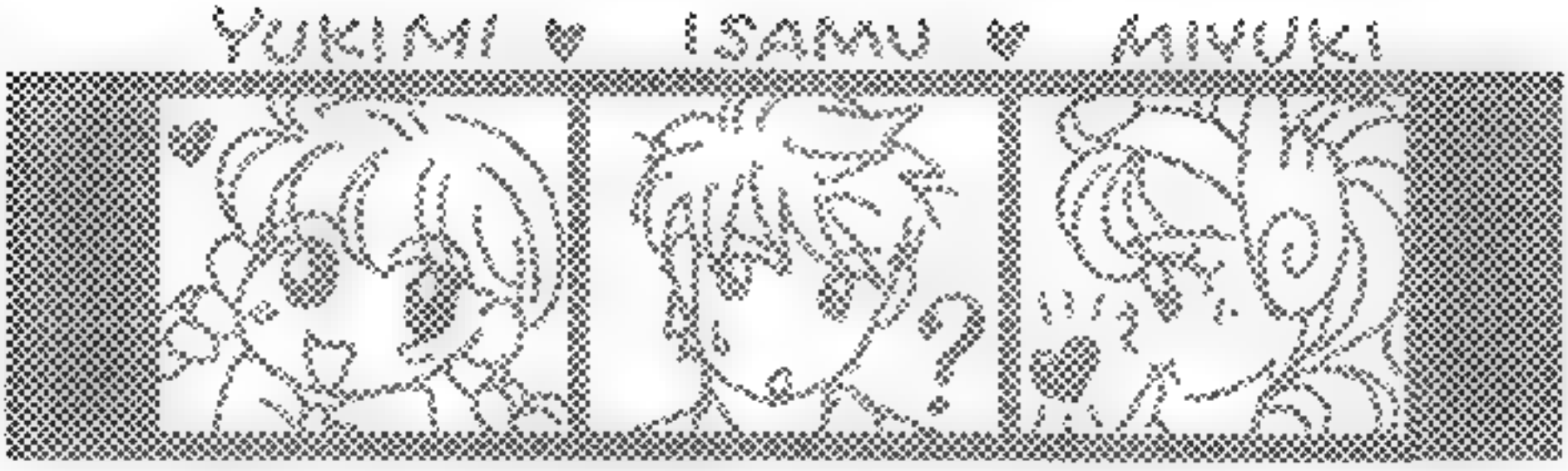
ME?

WHO ARE YOU, ANYWAY?

SO YOU EXPECT OTHERS TO ONLY EAT WHATEVER YOU EAT?

OKAWARI: Yumie's family name. The word OKAWARI means second helping or another serving in Japanese.

To Be Continued in Miracle Dieter Miyuki Volume 2



I'm very grateful to you for reading Miracle Dieter Miyuki. Thank you so much! This tale was originally a fictional anime production that first appeared in my seiyuu manga "Sakende Yaruze" (Shout Out Loud). You could say it's very much a story within a story.

I was very thankful to those who helped me adapt Sakende Yaruze for CD drama, despite my woeful lack of experience in this field. I included a Miyuki episode in the drama CD for fans as well. But since it was a Boys Love title, Miyuki didn't catch the attention of any children. *sob* That made me very sad...

At the time – the one and only time, as it turned out – I worked with others to establish the groundwork for a proper Miyuki series, from the opening song to the plotline, the ending song, and the ad preview – as a matter of fact, we felt as if we were on our way to creating a major TV production.

So why was that the one and only time?! Unfortunately, as the producer, I became terribly frazzled and anxious about the entire process! Even the casting for the Miyuki vocal drama was a nerve-wracking prospect!

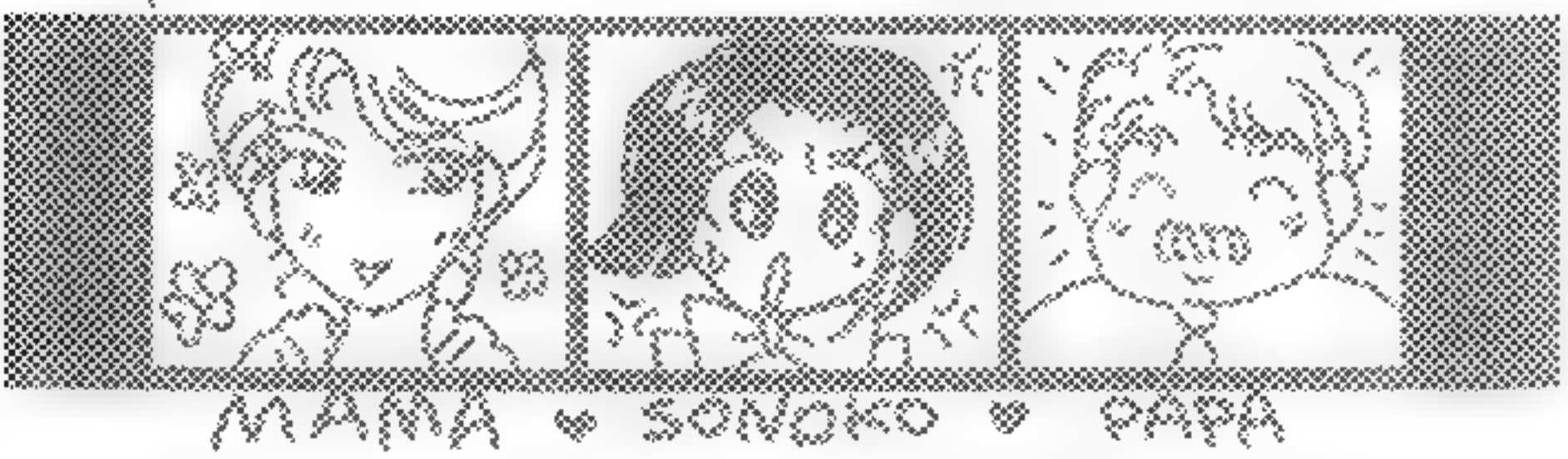
The leading part of Miyuki and Yukimi was awarded to Mitsuishi Kotono-san. Chef Flatee was given to Okiayu Ryoutarou-san (he also voiced the character of Mizusawa Terushi in the drama CD), and Great King Rebounder was Ootsuka Akio-san (who also voiced the character of Koizumi Tenryuu)!!

What an ultra-gorgeous cast! They realized my dream to perfection ...fufufu...

However, once it was decided not to go ahead with a TV production, the stories we drew were collated and published as a new comic.

And now it's come to light at last! It's given me much pleasure and I'm very happy Volume 1 is complete.

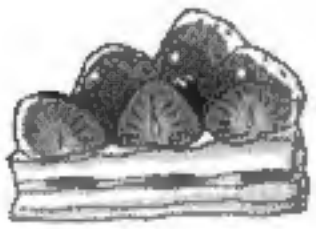
高口　里純
Takaguchi Satosumi



MITSUISHI KOTONO: a very well-known female seiyuu. Among her many roles she voiced Usagi Tsukino the main heroine in *Sailor Moon*, a magical girl anime that provided inspiration for *Miracle Dieter Miyuki*.
GREAT KING REBOUNDER: this character appears in Volume 2 of *Miracle Dieter Miyuki*
NOTE: Mizusawa Terushi and Koizumi Tenryuu are fictional seiyuu characters from *Sakende Yaruze*

ミラクルダイエッター・MIYUKI ①

2005年7月9日　初版発行



著者
高口里純（たかぐち さとすみ）&高口組（たかぐちぐみ）

発行者
石川順恵

編集
荻野民夫（有限会社 甚甲 withスーパータミーズ）

装丁
伊勢太郎（アイセックデザイン）

発行所
ジャイブ株式会社
〒160-0003　東京都新宿区本塩町7-26
編集：TEL 03-5367-2494
営業：TEL 03-5367-2725／FAX 03-5367-2709
注文センター：TEL 049-274-1653／FAX 049-259-5244
URL：http://www.jive-ltd.co.jp

印刷所
共同印刷株式会社

Printed in Japan
ISBN4-86176-170-0 C0979

●乱丁・落丁本は、購入された書店名を明記して、
小社あてにお送りください。送料小社負担にてお取替えいたします。
●本書の無断複写（コピー）は、法律で定められた場合を除き、
著作権の侵害になります。

定価はカバーに表示されています。

高口里純with高口組
©Satosumi Takaguchi with Takaguchigumi 2005
©2005 JIVE Ltd.All rights reserved.

初出
しんぶん赤旗（日曜版）
2003年11月~2004年4月 連載
今回の収録にあたって、一部再構成をいたしました。

Miracle Dieter Miyuki

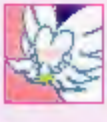
Costume knockoff – part 1

Miyuki's Miracle Dieter outfit owes a heavy debt to *Sailor Moon*, the shoujo manga by Naoko Takeuchi.

The leotard with ruffled skirt, the long gloves extending to the upper arm with piping, and stiletto boots are all there in Usagi's Sailor Moon outfit (above). Note how the skirt begins at waist level. Miyuki's skirt appears smaller because it begins at hip level.

Other common features include:

1. A heart-shaped choker.



2. The heart-shaped compact over the breast. Usagi's is more elaborate as she uses this to transform. In Miyuki, this is only decorative.

3. Earlier incarnations of the Sailor Moon outfit feature a big bow at the back. Miyuki's outfit features a yellow bow identical in color to her ruffled skirt.

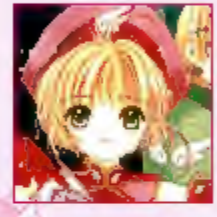
Images and info thanks to http://www.serapli-klau.net/ and http://www.serenitatis.com/

Miracle Dieter Miyuki

Costume knockoff - part 2

CLAMP's *Cardcaptor Sakura* featured a dazzling array of different outfits. Their influence on Miyuki's costume is more subtle, but noticeable to keen-eyed fans.

1. Winged headband.
Even if Sakura only wore this headband once, fans will remember the distinctive spiral wing motif. It reappeared in many of her outfits.



2. Color scheme.
In publicity material for the anime (right), Sakura often wore a bright red pinafore dress with gold trim. Similar colors make up Miyuki's costume.

3. Guardian beast.
Sakura was accompanied on her adventures by Kero-chan, the winged lion. He provided advice and moral support much like Amino the cat and Kuen the mouse.

4. Knee guard and bauble jewelry.
Miyuki's knee guard bauble might be inspired by the guards Sakura wore while rollerblading. Baubles often adorn Sakura's outfits (right), and also appear on Miyuki's costume.

Images thanks to http://gallery.aethereality.net/

Miracle Dieter Miyuki

Food notes

1. 'DA★I★KO★N Sweet' is a clever nickname for 'Dynamic Calorie Control Candy.'

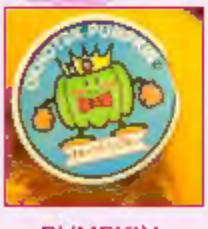
The romanized Japanese name is:
DAInamikku Karorii **KON**tororuu Kandii

Take the DAI from 'dynamic' and the KON from 'control,' and you get 'DAIKON.' The irony is that these daikon-shaped tablets named after daikon *were* made with daikon by the evil Chef - but they were full of sugar and lulled people into binge-eating.

2. Cute fruit and vegetable characters already exist in Japan. On the left are *Otama Chan*, vegetable babies created by San-X.

Junk food isn't ignored either. Sanrio has a line of McDonald-style fast food characters, *Dokidoki Yummychums* (below right).

3. Cute characters even appear on packaging to market real fresh fruit and vegetables.



PUMPKIN

KIWIFRUIT

TOMATO

MUSHROOM

These and many more photos can be found at PingMag:
http://pingmag.jp/2007/10/22/vegetable-characters/